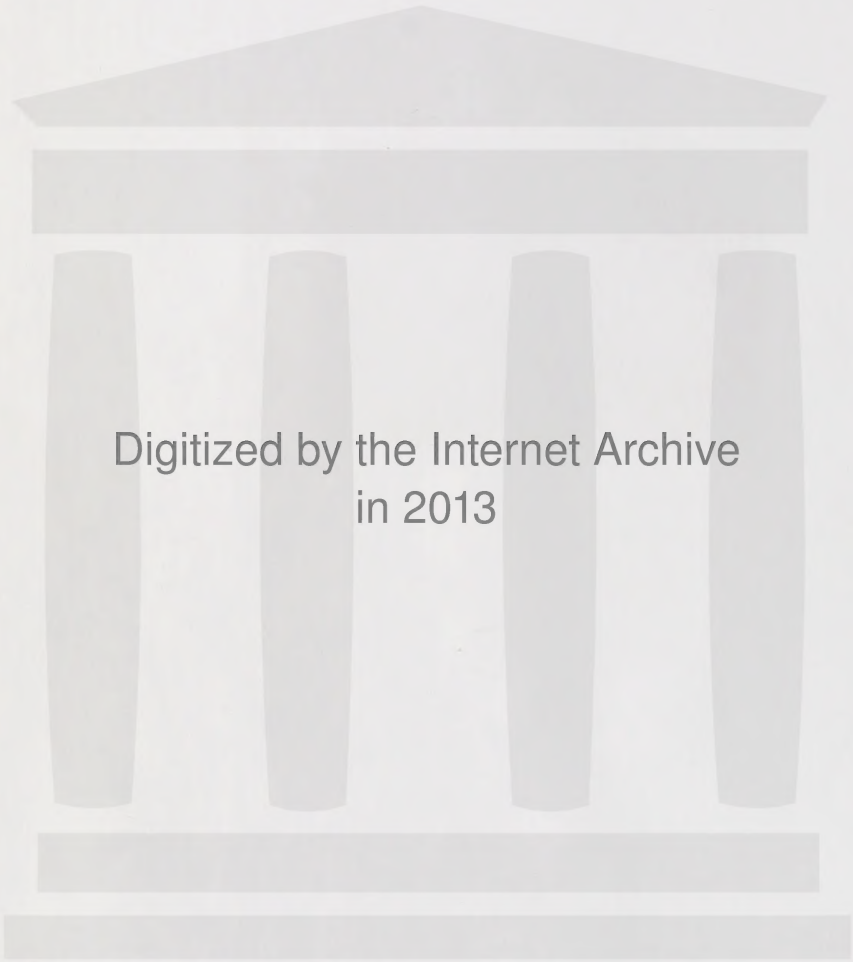
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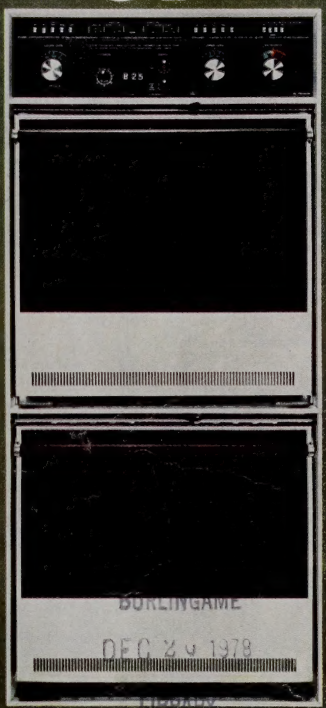

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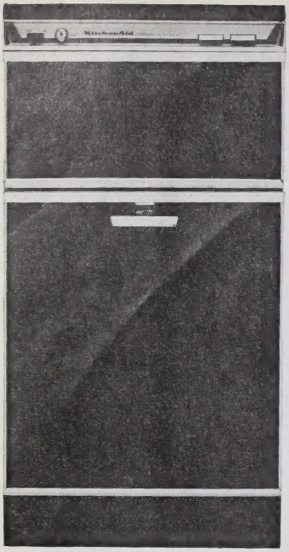


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HOUSE & GARDEN®

JANUARY 1979


Personal rooms, page 74


Ready-to-buy house, page 90


Super kitchen, page 108


Chair to build, page 104


Garden in boxes, page 88


Cooking with herbs, page 117

DECORATING, ARCHITECTURE, BUILDING

44 Window wall that saves energy. By Bruce Polak
67 Home improvement ideas for the house fixer By Deanne Raffel
74 The personal pleasure of decorating
76 Rule-breaking makeover
82 Apartment reborn. By Paul Goldberger
86 A room that evolves
90 More space than money: The big little house
98 A world in a room
100 Design news from Italy
108 Super kitchen '79: The self-sufficient kitchen

CRAFTS

104 The go-anywhere chair
106 The quick stitch quilt

ANTIQUES

14 Questions & answers: Antiques. By Louise Ade Boger

FEATURES

9 Living. Edited by Paul Rice Jackson
31 Ingenious ideas to make your life easier
46 An introduction to metrics
70 Happy Housekeeper. by Mary Elizabeth Falter
73 Action living, decorating on the move (*Editorial*)
96 The space age comes home. By Ruth Miller Fitzgibbons

WINE & FOOD

46 An introduction to metrics
114 Meal in minutes
117 Herbs with a difference
118 Lessons with flavor
120 Cooking with taste
122 Good spirits: How to find wines for under $3 By B. J. Cutler

GARDENING

62 Plants around the house: Plants that make scents By Richard Langer
88 Flowers by the barrel
172 Garden mart

BEAUTY AND HEALTH

34 Looking good, feeling fit: Exercise with your mind on the ball By Paula Rice Jackson

TRAVEL

50 Going places, finding things. Edited by Nancy Richardson. Club Med Cancun: Super beach-week for a single parent. By Jane O'Reilly; Cross-country skiing and a Colonial inn. By Catherine Ettlinger

READER'S SERVICE

58 Dear House & Garden. By Margaret Morse
138 Shopping information
142 Shopping around with Audrey Nichols
174 Best in booklets

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NORMAN McGRATH

On the cover: A living room so pretty, so watery-clear, it seems inspired by an impressionist painting. Designer Michael Taylor used one blue chintz in a deep blue background and let accents of crystal and glass enhance the sense of fluidity. For contrast, he designed the generous mantel to look like sculpture. On it, fishbowl vases; over it, mirror from Bloomingdale's; under it, andirons with tempered glass balls, another of his designs. Designers Guild fabric available through Brunschwig. Coffee table, Les Prismatiques. Lucite curtain rods, Canal Street Plastics. Paintings, Eliza Moore. Wicker Works ottoman. Stark carpet. Paint, Pittsburgh Paints. Shopping information, page 138.

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Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

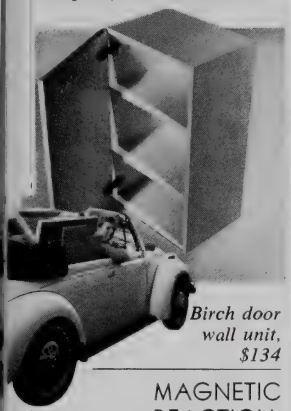
MERIT
Kings & 100's

This month: A marvelous live-in art gallery, Liberty of London goes stateside, modular K-D storage to buy and new life for our "Main Streets."

LIVING

MODULAR CABINET STORAGE, K-D STYLE

New from Sweden and available by mail-order in America now—a kitchen cabinet system so compact you can literally pack an 8-by-12-foot kitchen's worth into the back seat of your car. The "Swedish Star" cabinets have fronts of laminated birch, *shown*, dark oak, pine, or colors. Choose cabinets, drawers, doors, wall and floor cabinets. Make a kitchen layout and order. Sawhill Furniture, 89 S. 10 St., Minneapolis, Minn. 55403. ▬



Birch door wall unit, $134

MAGNETIC REACTION

How do you cook without intense heat? Microwaves are one way and now there's another—magnetic induction. The new "Fasar" range magnetically transfers energy from below the surface of the range directly into the cooking utensil. The range, which looks a bit like a glass ceramic cooktop, has "tiles" which hold the mechanisms. The surface is heat-free. There is virtually no waste because energy surrounds the pot's shape. Stainless-steel and cast-iron cookware work—aluminum, copper, and glass won't because they don't conduct a magnetic field. Write Fasar, 2801 Burton Ave., Burbank, Calif. 91504. ▬

IT'S ANYONE'S BAG

All of us know that there's a real knack to the art of shopping—and here's an exhibition that every shopper will love. The Cooper-Hewitt Museum's new exhibit, "The Shopping Bag: Portable Graphic Art," is a traveling show which opens in New York in December. It will include over 100 colorful and witty shopping bags from all over the world, bandboxes (precursors of shopping bags), a demonstration of how paper bags are made. Funded by the N.Y. State Council on the Arts, Interstate Bag/Champion International, the show runs Dec. 9-Jan. 27. ▬



WE'VE GOT LIBERTY!

You no longer need the "London connection" to indulge in those wonderful English fabrics. Liberty of London opened its first shop November 21 at 229 E. 60th Street in New York. You'll be able to get cotton and linen upholstery fabrics, drapery fabrics, and a lovely new group of real, old-fashioned glazed chintzes. The American shop has the feeling of small, traditional English drapers and resembles Liberty's smaller shops "Chez Peinture" in Paris and "Liberty Prints" in London. ▬

ROGER BESTER



Liberty's new chintz

If you have a special medical condition that could be overlooked in the anxiety of an emergency, look into the Medic Alert Foundation, an international group that provides 24-hour information about its members. Write to Box 1009, Turlock, Calif. 95380.

MEDIC ALERT

GARDEN ART

FRAGRANT GREENERY

Although it is not seen indoors very often, the camphor tree is in the same family as the avocado, that all-American favorite house tree. For that matter, so is the cinnamon tree, camphor's kissing cousin. All are southern relatives of the laurel and will do fine on your windowsill given a minimum temperature of 60 degrees.

The cinnamon family, as a whole, likes sandy soil, a rainy season, and warmth. To keep plants happy, use a potting mixture of one-third sharp sand stirred into any regular rich house plant soil. Warmth they'll have in a sunny spot. As to the rainy season, just water them more frequently and heavily during the spring and summer months, and you'll have strikingly handsome specimens of this unusual and fragrant broad-leafed evergreen.

As to harvesting cinnamon sticks—water the plant heavily for two months or more without allowing the soil to become soggy. Cut off an elder branch, slit it longitudinally, and loosen the bark until it can be gently slipped off. Dry it in the sun for the fragrant and flavorful quills.

RICHARD LANGER ▬



KUBINYI

LIVING



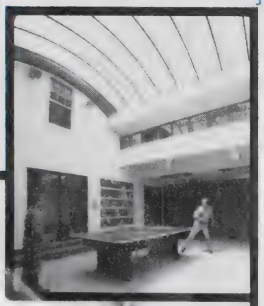
R.S.V.P. FOR THE BIRDS

This is the time of year when the wild birds in your garden need a handout, so put some food out for them daily. What do they eat? According to the National Audubon Society, just about everything you do! Bread, nuts, meat—tablescraps are fine. But remember to keep feeding them once you've started. To identify your garden guests, there's a new *Audubon Society Field Guide to North American Birds*. $8.95, at bookstores.

PATRICIA CURTIS

PLAYING TO THE GALLERIA

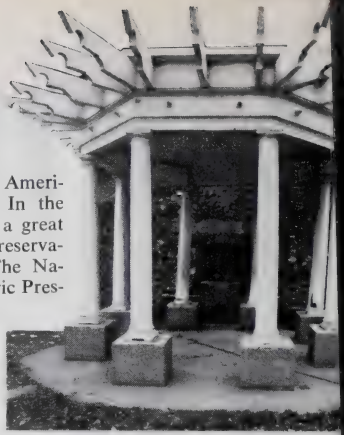
When Ruth Kurle decided to expand her professional interest in art to include the inside of her house in Madison, Conn., she turned to friend and neighbor, Kent Bloomer, Professor of Architectural Design at Yale. Bloomer added a handsome, modern porch/galleria onto the front of the house with a shingle façade that blends with the country location and the original building, built in the 20s by her father. A great arch of plexiglass overhead concentrates a shadowless, natural luminosity in the two-story, 24-by-30-foot space which is well suited to the display of art. And it converts easily to a family room. Professor Bloomer, also a sculptor, will show some of his work at the gallery beginning January 6. Ruth Kurle Gallery, 244 Boston Post Rd., Madison, Conn. 06443.





PRESERVATION PAYS

What's happening to America's "Main Streets"? In the way of deterioration, a great deal. In the way of preservation, a New Deal. The National Trust for Historic Preservation, a private nonprofit organization that encourages preservation at the grassroots level, is sponsoring the "Main Street Project," a three-year program focusing on revitalizing downtown business sections of three small midwestern towns. The program's success shows that convincing the shopkeepers to redesign or restore their fronts not only preserves and improves the downtown center but results in economic gains for all. Now in its second year, the project is being carried out in Hot Springs, S.D., Galesburg, Ill. and Madison, Ind. The face-saving is being accomplished with the help of design and economic consultants and project staff who work with local citizens to develop a strong image for downtown that the community can share in. Write for the NTPH's "Main Street" supplement, May '78: Midwest Regional Office, 407 S. Dearborn, Suite 710, Chicago, Ill. 60605. This effort was largely funded by Bird & Son, E. Walpole, Mass.

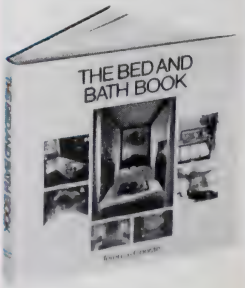


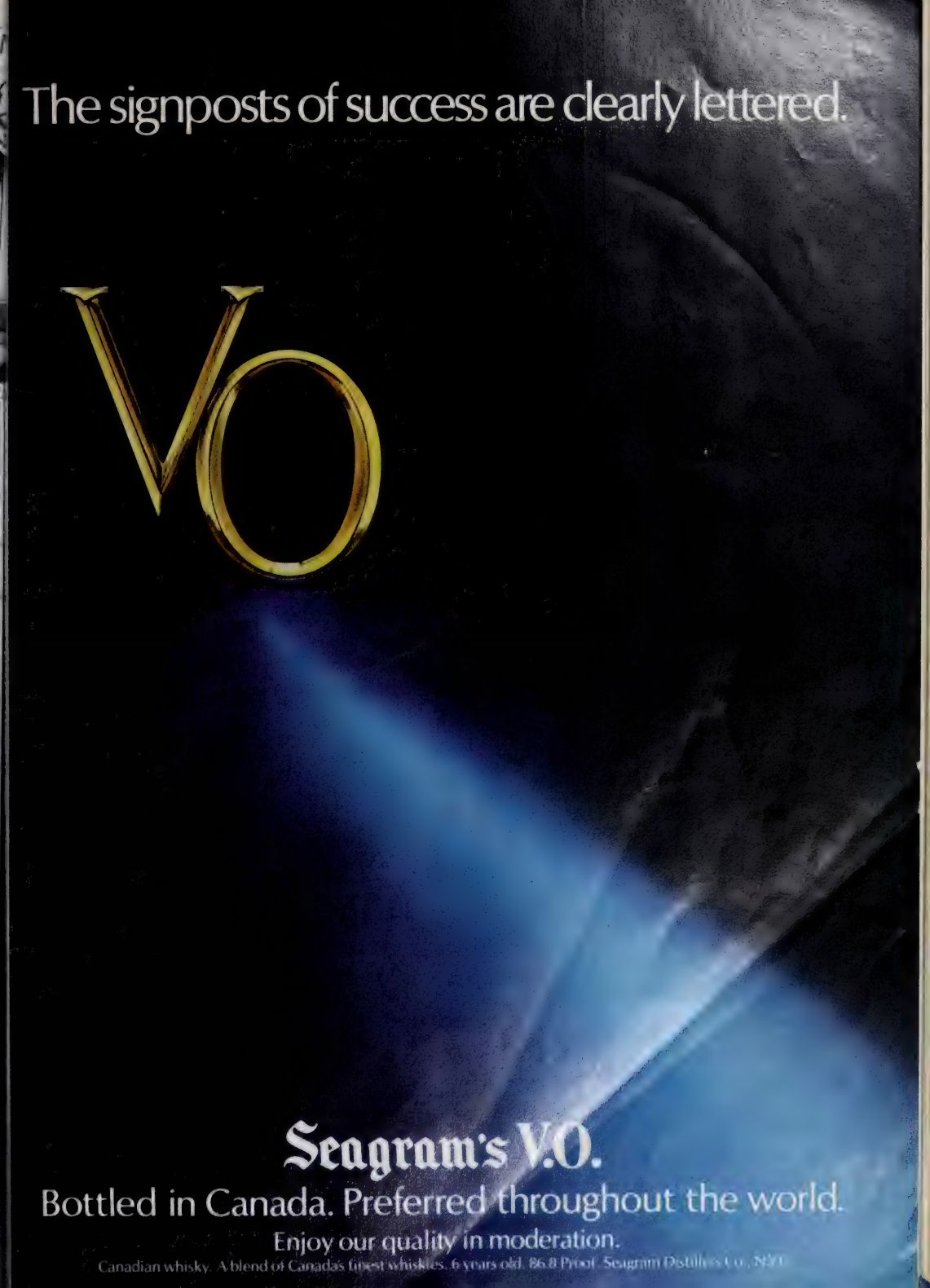
1920 gazebo restored in Hot Springs, S.

An exciting new 30-part TV series designed for parents with young children will start in January on your local PBS station. Called *Footsteps*, each program is a drama of fictional families who face selected problems in parenting ranging from discipline to food habits. Experts on child development comment afterwards. The acting is stunning—and you'll learn, too. Check TV listings for air date.

BOOK THREE

Last year there was Terence Conran's *Kitchen Book*, and before that the *House Book*. This year, he's rounded out the picture with *The Bed and Bath Book*. Two of the most private rooms in the house are explored from all angles: how to determine your style, best location, lighting, storage, quilts, towels, and much more. Six designers have contributed their choices for the rooms, and a list of useful addresses is included. Crown Publishers, $30.




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Bottled in Canada. Preferred throughout the world.
Enjoy our quality in moderation.
Canadian whisky. A blend of Canada's finest whiskies. 6 years old. 86.8 Proof. Seagram Distillers (U.K.) Ltd.



The Norwegians are great skiers—and Sven's going to be a real wizard one day. But just at the moment he can't seem to tell his arms from his legs!

Taro, from Japan, seems to be having a bad time with his traditional fighting kite. If only his little puppy would leave that tangled kite string alone!

Here's Diodu from Nigeria, carrying water jar just as carefully as her moth taught her (although she nearly dropped when she heard that froggy croak above!

FIGURES SHOWN SMALLER THAN ACTUAL SIZE

The world's largest family—the United Nations—proudly presents . . .

THE U.N. CHILDREN

An engaging little troupe of youngsters from around the world—
in a delightful new series of hand-painted porcelain figurines you'll love collecting.

The first six U.N. Children are making their bow in 1979—the International Year of the Child. Orders will be accepted only until the end of this year. Collect them all—or just choose your favorites.

It takes a child to make the whole world smile. And who knows more about children, and what makes them tick, than the world's biggest family—the United Nations?

So, when we set out to mark the International Year of the Child—1979—in a special way, we were charmed by the idea of issuing our own series of porcelain figurines showing children from all over the world.

And here they are—*The U.N. Children*. The first six in the series, each representing a different country. Each in a situation likely to get a grin from even the sternest of diplomats. Each one individually hand-painted. And each bearing our family initials—U.N.—tucked away somewhere . . . where you may even have to hunt for them.

Children like these have always been a favorite subject for artists, especially when a touch of humor is called for. And—especially in the form of porcelain figures—they're favorites with collectors, too.



e's Juan from Mexico, taking his pet
ter for a walk on its red string leash. It's
to say who looks prouder as they strut
g—Juan or his curious pet!



Yvette, from France, is taking home the baker's freshest, crispest loaves—*so* good to eat. It's as well she hasn't far to go:—there'd be none left for the family.



Ann, from England, has won a prize at the Pony Club show; she's rewarding her pony with carrots. But there's a little rabbit just behind who's taking a bite first . . .

So the time to start collecting *The U.N. Children* is w. At just $35 each, and hand-painted in charming ors, you'll find them hard to resist. And you need ly pay for the first figure now. The others will be ed to you, when they are ready to be sent to you, at rate of one a month.

ust fill out and return the order form at right by uary 31, 1979. Distribution of the figures will be ndled by Franklin Porcelain, who are supervising creation of all the figures, which are being made ecially for us in Japan.

But remember—the first six *U.N. Children* are issued mark the International Year of the Child. (In tes- ony of this fact, you will receive with your figures a ecial Certificate of Authenticity.) After the end of '9 no further orders will be accepted.

In years to come, the 1979 *U.N. Children* will be ned by other little brothers and sisters. It could well come a whole new collecting tradition. But orders the first six—certain to be most sought after by col- tors in the future—will be accepted only during the ming year.

So don't wait any longer. Invite them into your me right now. You'll find they're among the nicest ests you've ever had!

c-1978 FP

ORDER FORM

THE U.N. CHILDREN 1979

Orders will be accepted only during 1979 –the International Year of the Child

Please mail by January 31, 1979.

United Nations
P.O. Box 4040, Grand Central Post Office, New York, N.Y. 10017

Please enter my order for *The U.N. Children* as follows:

☐ Sven from Norway ☐ Taro from Japan ☐ Diodu from Nigeria
☐ Juan from Mexico ☐ Yvette from France ☐ Ann from England

Figures will be shipped at the rate of one a month. I prefer to pay as follows:

☐ DIRECTLY. I enclose my full payment of $35.* for the first figure. Bill me for the same amount when each subsequent figure is ready for shipment.

☐ BY CREDIT CARD. Bill me, after shipment of each figure, by charging the full price of $35.* to my
☐ Master Charge ☐ VISA **Plus my state sales tax*

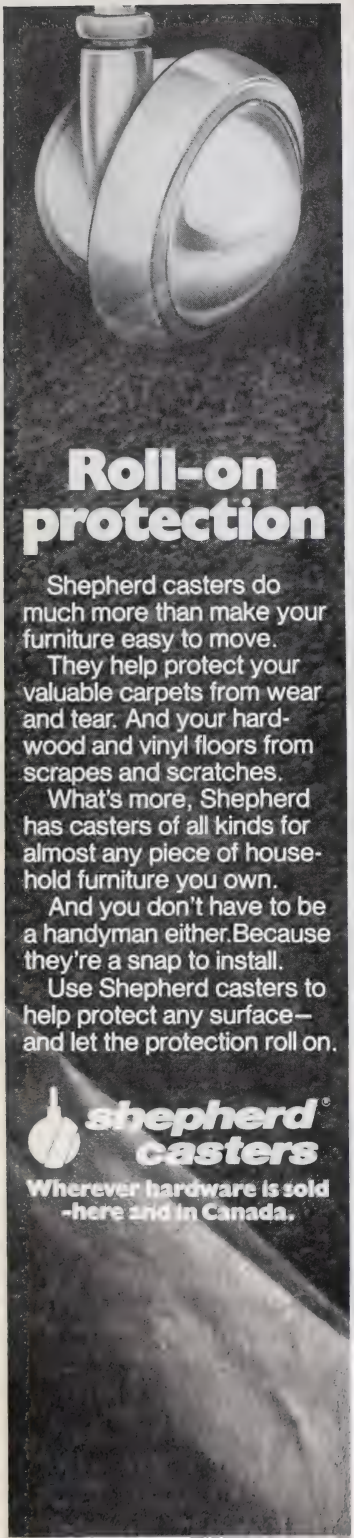
Account no. _____ Expires _____

Signature _____
All orders are subject to acceptance. First figure shipped 8 to 10 weeks from above date

Mr/Mrs/Miss _____
PLEASE PRINT CLEARLY

Address _____

City/State _____ Zip _____

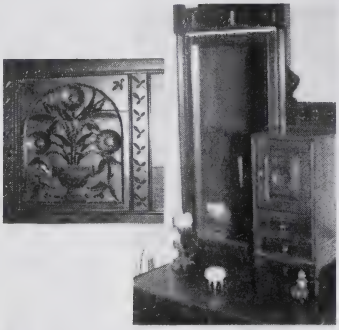


By Louise Ade Boger



ANTIQUES

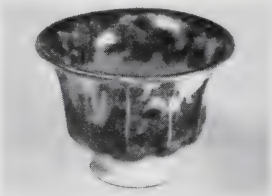
QUESTIONS & ANSWERS



EASTLAKE-STYLE HEADBOARD

We have a very old bedroom set and the bed has an elaborately carved headboard. Can you furnish us with information about its style and where it comes from? O.B.S.—Tulsa, Okla.

Your Eastlake-style bedroom furniture was made in America about the 1880s. The "sunflower" panel in the tall headboard reflects the great popularity of the Aesthetic Movement, as the sunflower (constancy) is one of its three symbols; the lily (purity) and peacock (beauty) are the others.



STAFFORDSHIRE FLOW BLUE

For years I have been collecting 19th-century Staffordshire flow blue, but am rather hazy about the technique used to create this effect. L.K.—Radnor, Pa.

Flow blue, associated with underglaze transfer painting, is a technical limitation, as it was difficult to avoid some slight blurring of the lines in a pattern when the glaze was fused over it. To collectors, the blurring seems to add charm and character to the traditional "blue and white." Blue was the color originally used for the ware, because, in the early stages, blue derived from cobalt was the only color which would with certainty survive the high temperature required to fuse the overlying glass.



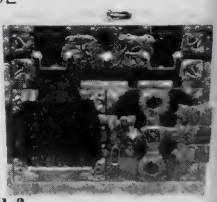
LAMP OF THE TWENTIES

I would appreciate it if you would tell me something about this lamp, which we have had for some time. M.P.—Owensboro, Ky.

Your lamp, dating about the 1920s, belongs to a popular class of American table lamps with shades made of what were then called "Cathedral glass" panels held in place by strips of lead. The less expensive examples had white-metal bases painted a Roman gold to simulate bronze. Some of these lamps, such as yours, had hand-painted glass shades, often featuring outdoor scenery, and when lighted were very effective.



JAPANESE SEA CHEST

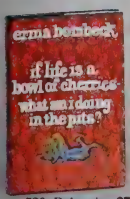


This chest was gotten in Japan more than 50 years ago. Can you tell me what it was used for and where it was made? K.H.—Monterey, Calif.

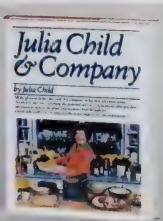
Your sea chest was probably made about the late 18th or early 19th century on Sado Island, which specialized in sea chests *(funa-dansu)*. Used by sailors, especially captains, the chests are solidly constructed to withstand rough treatment in a rolling ship on an open sea. The handwrought iron mounts are especially fine and are a vigorous folk-art tradition.

Continued on page 20

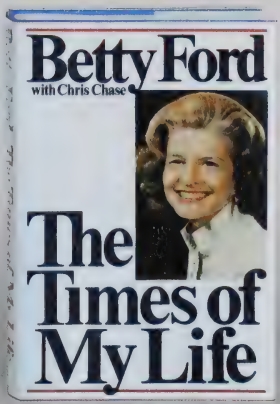
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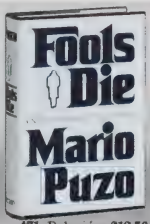
520 Pub price $7.95



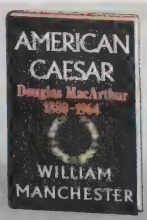
713 Pub price $15



246 Pub price $10.95



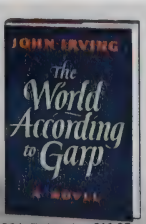
471 Pub price $12.50



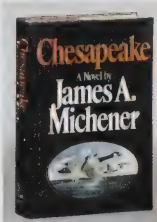
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101 Pub price $10.95



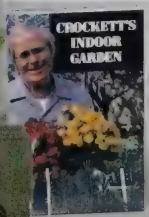
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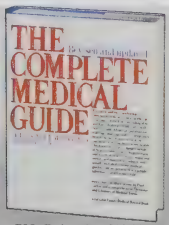


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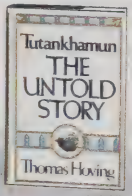
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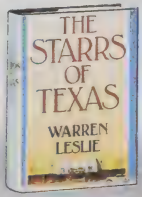
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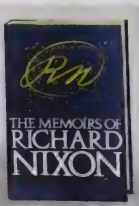
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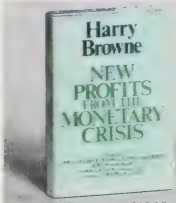
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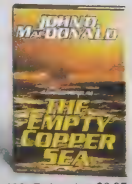


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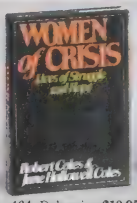


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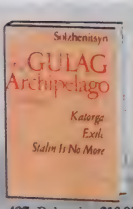
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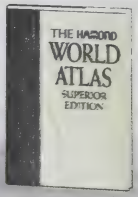
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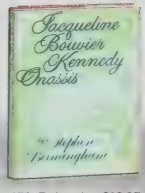


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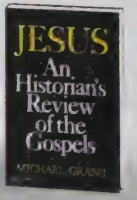
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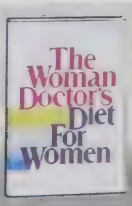


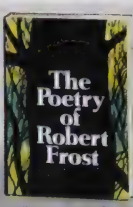
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ANTIQUES

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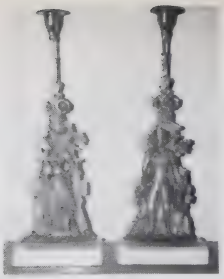
■ ROCOCO-STYLE TEA SET



Here is a snapshot of my tea set and I've drawn the mark that is on it. From these are you able to tell me how old the set is and tell me where it was made?

A.G.C.—Loveland, Colo.

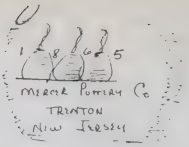
Your Rococo-style tea set is reminiscent of the popular revived Rococo forms developed in the porcelain made at such English factories as Rockingham, Derby, Davenport, and Coalport in the 1830s until about the middle of the 1840s. According to your mark, the Staffordshire potters Brown, Westhead, Moore and Company made your tea ware after 1890 and before 1904.



■ PHILADELPHIA CANDLESTICKS

On the back of my candlesticks is the name "Cornelius and Co." also "Pat. April 10, 1840." What can you tell me about this? V.W.—Norwalk, Conn.

Christian Cornelius had begun as a silversmith in 1812 but soon turned to bronze casting, and his Philadelphia company became one of the largest manufacturers of lighting devices in America during much of the 19th century. Early in that century, technological innovation had made molded bronze inexpensive and easily worked, which, no doubt, was responsible for the popular candleholder with an elaborate, sculptured stem resting on a marble base. Unfortunately, the bronze rings that hold the cut-glass prisms for your candleholders are missing.

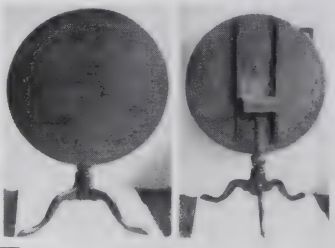


■ POTTERY MARK

These markings are on the back of a flower-bordered square slate of mine. Can you tell me if the 1865 refers to the date it was made?

L.S.—New York, N.Y.

Standard references state that the Mercer Pottery Company was organized at Trenton, N.J., in 1868. However, there is no reason to feel that your work is not genuine. The pottery was still active in the 20th century, so your dish could have been made well after 1865.



■ AMERICAN TRIPOD TABLE

Can you estimate the age of my tilt-top table and tell me something of its background? C.S.—St. Petersburg, Fla.

Your American maple tilt-top tripod table is a country table, but of good quality, dating perhaps about 1770-1780. This class of tripod table composed of three parts—top, pedestal, and three legs—became fashionable in England about 1755 and shortly after that date it became popular in the U.S. The legs of your table terminate in snake feet, so-called because of their supposed resemblance to the head of a snake.

■ ANTIQUERIES



Copies of Louise Ade Boger's book *House & Garden's Antiques: Questions & Answers* which contains more than 900 items chosen from past columns, all arranged by category for easy reference, can be purchased for $11.95 a copy, plus 45¢ to cover the cost of postage and handling. To order, please write to: Condé Nast Books, Post Office Box 3308, Grand Central Station, New York, N.Y. 10017, enclosing your remittance and correct mailing address.



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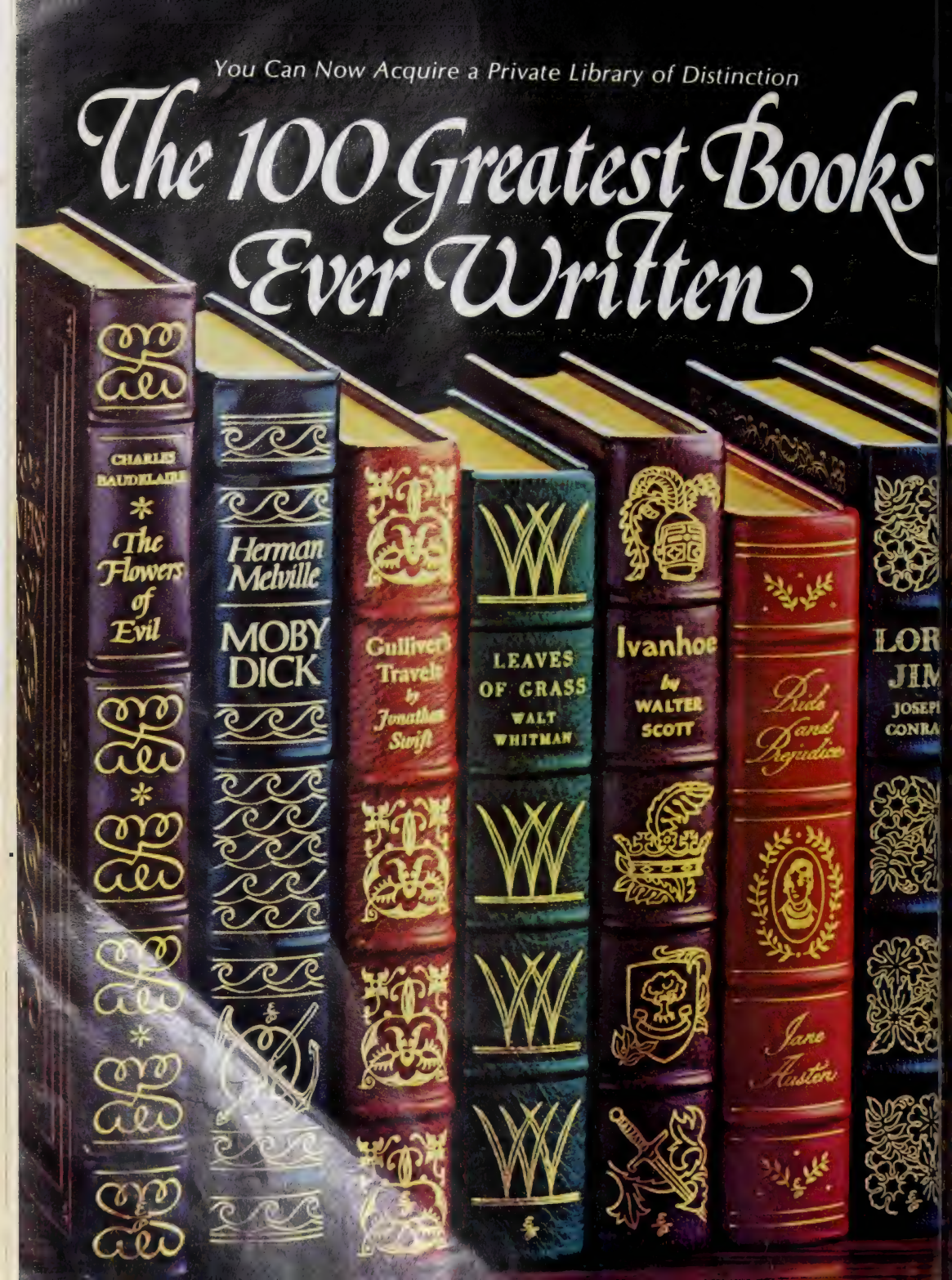
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(Continued on next page)

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(Continued from previous page)

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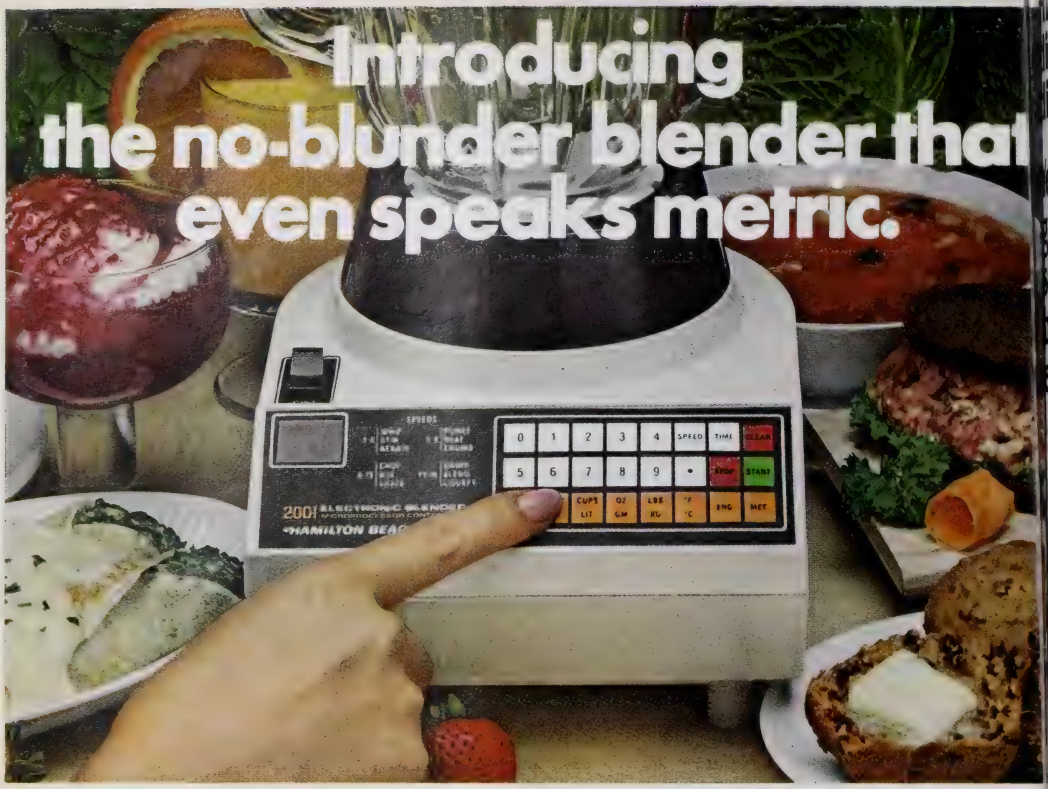
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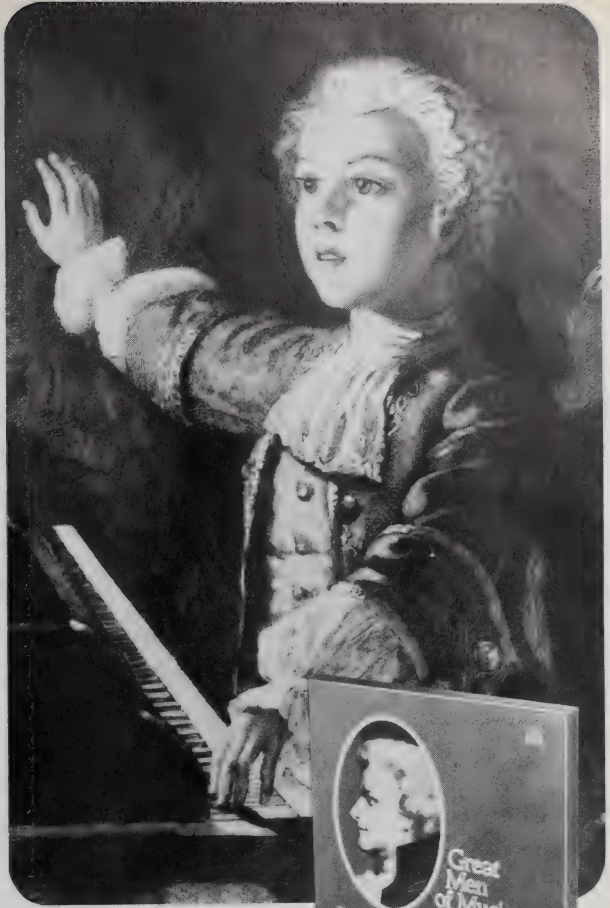
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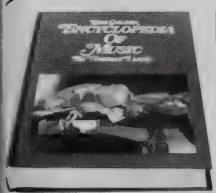
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Manufacturer's suggested retail price for the dresser shown is under $450. For a free brochure on Simplicity, write to Stanley Furniture, Dept. N 3, Stanleytown, Va. 24168

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INGENIOUS WAYS TO MAKE YOUR LIFE

EASIER

January

DECORATING

First in a series of tips and tactics to save time, energy—and sometimes money. This month, ways with paper, paint, fabric, lighting, and more.

No-hassle plants

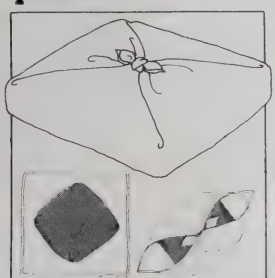
Set a tree-size branch on an X-base of lumber in a basket filled with gravel and topped with sheet moss. Wire preserved leaves to the branches; paint leaves on the floor. Uplight for drama.
—Interior designers Lucretia Robertson and Donna Lang



Quick centerpiece: Three or four favorite potted plants in a big terra-cotta dish, covered with sheet moss. (They look as if they grew there.)

Avoid watering problems by growing all your plants in water. Just start cuttings in a nice vase—a carafe with seashells in the bottom is pretty—and let them take off. Philodendron does well this way. Cinders keep water fresh; fertilize with liquid plant food.

No-sew pillowcovers



Wrap pillows in huge squares of linen, overlapping two opposite corners, tying the two remaining corners at the top, Japanese furoshiki-style. Make a muslin pattern first, in order to be sure that it covers completely. *—Designer Claude Langwith*

Fool the eye

Uneven walls and windows can be disguised without major changes behind Oriental shoji screens. *—Interior designer Charles Mount*

Slipcover walls in a dark paneled room with muslin shirred on thin curtain rods. *—Designer Peter Stamberg*

Light tricks

Cover an unattractive light fixture with an upside-down umbrella. Have one made to match the tablecloth beneath at Uncle Sam Umbrella Shop in New York City.

Wash a wall with light, using different colored filters on track fixtures. It's an easy way to create a marvelous environment fairly inexpensively.
—Designer Jay Spectre

On the border

Instead of papering a complete room, add interest with wallpaper borders around window and door frames, and at ceiling and floor lines. The "April in Paris" collection by Inaltera from France has pretty old-fashioned wallpaper borders that also look nice around the edge of a painted floor, protected with polyurethane. Fool-the-eye architectural borders are fun, too. Most are available through decorators from Brunschwig, Louis Bowen, or Scancelli.

Easy art

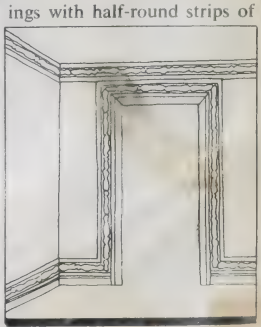
Have posters mounted on cardboard, sealed in plastic. They're light, shiny, and easy to hang.

Decorate glass, metal, fabric, wood, leather, pottery, or china with Vogart Ball Point Paint Tubes. It's as easy as writing with a pen, and once applied, your design is permanent and withstands machine washing or dry cleaning. Paint tubes come in 35 colors. A 1-ounce pen is $1.25 at craft and variety stores.

String a clothesline wall to wall, hang posters and children's art with clothespins.

Marvelous moldings

"Brighton" up moldings around doors, floors, and ceilings with half-round strips of



natural bamboo edged with stripes of Persian Turquoise and Geranium. Substitute other colors to contrast with your room decor. Bamboo is easy to split. Fasten to the walls with brass screws.

For more decorating tips, turn the page

Pole-ing place

Organize your bathroom with two long wooden poles. One hangs high as a shower rod, one hangs low the full width of a wall as an all-in-one towel bar, paper holder, drip dry rod. Shower curtain is a simple length of canvas tied to the high pole with sewn-on self strips, with a natural fringe at the bottom. Spray with Scotchgard to repel watery stains.

Bamboo poles held up by brass hooks are easy curtain rods. Curtains are sheets hung from clip-on rings.

Mirror, mirror

A lightweight alternative to mirror is aluminized polyester film mounted on rigid foam panels—and you can take your mirrored ceiling or wall with you when you move. Look for Mirrex mirror or Mirrorlite.

For a greenhouse effect, borrow a trick from New York restaurant La Mangeoire, where the ceiling is mirrored to reflect and double the effect of hanging plants.

Rotate your stock

Apply a merchandising theory to your home decorating: When objects and artwork remain in the same position for a long time, you don't notice them anymore. So rotate the things you care about, be it artwork, furniture, a tabletop arrangement. *—Interior designer Robert K. Lewis*

With a little brown paper and glue...

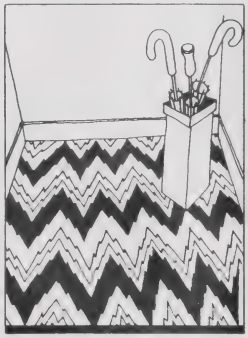
You can make easy pleated lampshades for rentals and summer houses. Here's how:

Pleat brown wrapping paper, wallpaper, or white shelf paper cut to the height and twice the circumference of your present lamp shade. Punch holes an inch below the top edge and thread with sturdy brown cord or white cotton cording. Slip over the old shade, tie cord to fit top, and knot ends to finish. Tape or glue open side together. This is an effective disguise for the metal shade on pull-down lamps in apartment dining rooms.

Less is best

Four important pieces of furniture can fill almost any room in the house. Minimize to economize, cutting quantity, not quality. For instance, all you need in a living room may be 2 large lounge chairs, a coffee table big enough to be used for serving or as a work area, and a large square ottoman that seats 4 or 6 people. In a bedroom, a bed, and 2 tables for a lamp, TV, and books. Make each piece count. *—Designer Jay Spectre*

In decorating, what you subtract is as important as what you add. Take everything out of a room, look at the space, and only put back what you need. If you can live without it for 3 days, you can live without it. *—Interior designer Robert K. Lewis*



Floor it

Paint a flame-stitch graphic on any wood floor to add surprise and interest. Especially fun in a closet or hallway, or for a bedroom floor.

—Interior designer Beverly Ellsley

Spatter-paint a floor that gets a lot of traffic, coat with polyurethane. Dirt and footprints hardly show.

Paint a tired sisal rug in waves of color using latex acrylics diluted with water. Think of a lavender, mauve, turquoise, gray, pale green painted rug in a deep rust-colored room. Seal lightly with polyurethane. *—Artist Thomas Van Damme*

Scrapes make colorful stair runners—they're just the right width. Sew several together to the length you need. Tack to the stairs and risers.

—Designer Angelo Donghia

Your room looks custom designed when you carpet the center of your floor in one color, add a border in a contrasting tone.

For good measure

If you find a piece of furniture you like, but you're not sure the size is right, measure its length and width, then block out the area on your floor at home with newspaper. This will give you a better sense of how the piece will fit, rather than simply measuring the space. You might even tape together a 3-D template of the piece, and get a friend to help you carry it through a stairwell, elevator, or doorway to be sure it fits.

Fresh new ways with sheets

Slipcover a dark headboard and footboard with summery tie-on's made of sheets. Stuff with fiberfill for added dimension.

Cupboards and hutches look pretty lined with sheets.

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Lively ladders

The steps of a library ladd are a wonderful tiered pla for plants.



Stand two ladders severa feet apart, lay planks acros rungs for an easy bookcase TV stand, record storage cen ter.

To make your own librar ladder, paint a commo housepainter's ladder in beautiful House & Garde Color like Blue Blue or Raisin Staple padded suede viny onto treads, add lock-in-place casters. *—Joseph Braswell Braswell-Willoughby*

Furniture finds

Update tired furniture in three easy ways: Bleach natural wood even lighter than it is, rubbing in white pigment if necessary. Cut a seat cover from a raw hide of natural leather, and lace together underneath with thongs. *or* stain the wood a darker brown, tie on white Ultrasuede cushions. *or* paint chests, cupboards, buffets a bright color—think of a bright blue chest against crisp white wood walls.

Simple case goods are the best buys at auction. Liven up a chest of drawers with deep Raisin paint; add brass pulls for sparkle. *—Joseph Braswell, Braswell-Willoughby*

Bring outdoor furniture indoors. Add plump patterned seat cushions to white canvas director's chairs to bring them up to dining height. Change the cushions with the seasons. Or make slipcovers out of bright cottons or sheets for chaise longues, chairs, outdoor ottomans.

Beautify an old desk, table, or any flat-surfaced piece of furniture by covering it with wallpaper or Chinese tea paper. Protect with shellac.

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LOOKING GOOD FEELING FIT

Exercise with your mind on the ball

8 exercises to do at home that take 10 minutes, make you feel good for hours—from exercise specialist Gail Pudaloff

By Paula Rice Jackson

It certainly is wonderful to be on the move. Maybe you run. Or jog. Or play tennis or squash. Or swim. The aerobic benefits of all these sports have been well documented by now. A growing number of active sports participants are multiplying these benefits by combining their sports activities with a program of exercises that allow them to concentrate on such things as grace, control, and quiet awareness. The waiting lists for yoga and calisthenic classes are growing, as people, especially women, realize how effective "spot" exercising can be. One such group of enthusiasts is at *Kinetics*, a small exercise studio in New York City, run by corrective-exercise specialist Gail Pudaloff, *above*. She describes her classes and her method as "active/passive resistant exercise" or, teaching the body to use itself as its own effective

(Continued on page 36)



Underarms, chest



Shoulder stretch



1 *With elbows parallel to floor, press ball and pull elbows toward each other while resisting the downward motion at the same time. Release. Repeat 5 times.* **2** *Clasp ball with straight elbows, straight back; press ball, bend forward, trying to keep hips pulled away from rib cage; lower head, raise ball as high as it will go, relax jaw. Release. Repeat 3 times.* **3** *Place ball against the wall and with both hands press hard, flexing wrists. Variation: Press the ball with fingertips closed; spread apart.*

EDWARD OLEKSIAK

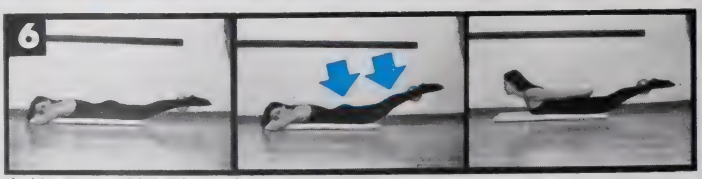
Supple wrists



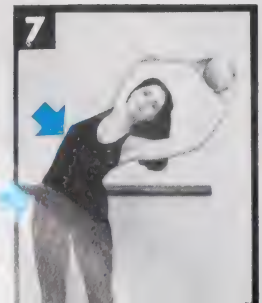
Inner thighs, lower stomach



Diagonal rib-cage muscles



Ankles, outer thighs, buttocks



Upper hip, pectorals



Inner thigh, calf, ankles

8 *Place ball between knees, toes pointed in; lift pelvis, sink waist into mat, press ball at knees, press each heel down 10 times.*

4 *Place ball between knees, press in, slowly lower waist and back onto mat, try to tilt pelvis upward; lower arms [illegible]. Repeat 4 times.* **5** *Press ball between knees, lower waist and stretch one arm and leg [illegible], pulling a thread. Breathe [illegible]. Repeat [illegible].* **6** *On stomach, put ball under hips, press in. Lift ball by pressing hips into ball. Breathe [illegible] so as strength increases.* **7** *[illegible] ball overhead, shift rib cage away from hips and stretch, hold. Repeat [illegible] alternating sides [illegible].*

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LOOKING GOOD FEELING FIT

continued from page 34

developer for stamina and strength through the use of isometrics.

The isometric approach to exercise immediately affects the way you look and feel. Basically, the technique pits the body against itself, that is, muscle against muscle, instead of muscle against an object like a tennis ball or golf club. Ms. Pudaloff modified the technique for home use for House & Garden by adding a child's flexible plastic playing ball about 8 inches across as a workout device. Dr. Laurence Morehouse, in his book, *Maximum Performance* (Simon and Schuster) says, "to improve your balance you need to focus, to touch something. Touching an object gives you a reference point which thereby stills the body. Even a thread, which gives no support, would help your balance, if you could touch it." That's just what the ball does. It appeals to the mind as a centering point, which lets you focus your attention in a more concentrated, direct way on what the rest of your body is doing.

Another effect of active/passive exercising has to do with building endurance and strength. They are both achieved by pushing the body just a bit beyond what you *think* it can do. "At their longest," Ms. Pudaloff says, "the stretching and contracting capacities of muscles are about 3½ to 4 inches. Great, wide, sweeping motions in calisthenics just aren't necessary. We measure gains in our classes in terms of quarter-inches. If we can increase a stretch of the diagonal rib-cage muscles or the length of an ankle flexion by a hair's breadth, we're genuinely delighted. Believe it. The gains may *sound* small. They *act* big. Another way we achieve gains is to begin each pair of movements (left side, then right side) by working the weaker side first. This achieves two things: Your first, best effort will be directed toward the side that needs the building, and your spirits revive when you work the strong side more easily. It's like doing the 'hard' homework first. A third way to make gains is to remember the simple fact that some days you just feel stronger. Other days you just don't. So instead of trying like mad to make each day a matter of equal performance, use the strong days to intensify effort and use the not-so-strong days to concentrate on grace, control, calm, and fluidity."

Your ability to breathe comfortably is also an important aspect of making these exercises work for you. "When you've reached the maximum stretch or contraction in a movement, tell yourself to breathe. Because of the effort, most people have forgotten to breathe at all. Then try to hold your breath for two or three counts with an ultimate goal of five counts. The intake of oxygen helps alleviate body fatigue and at the same time relaxes the body when the movement is completed. One of the wonderful effects my clients tell me is the impact the breathing exercises have had on their sleep. It seems much deeper to them, their rest more profound."

Dr. R. Phillip Smith, Medical Director of La Costa Health and Beauty Spa in southern California says, "the trouble with many exercise programs is that they seem to be too difficult for the average person to accomplish. Fitness programs are usually created by athletes, and the books on the subject of fitness and exercise are very often written by people who are themselves superb athletes. Since the average person usually has no intention of competing with a physical education specialist, the goal of fitness should be the maintenance of his or her best level of alertness, speed, and mobility. Each individual must decide what he or she wants from the effort."

Ms. Pudaloff thinks that most people don't know what they want from a program until they've been on one long enough to see some changes. To evaluate your own fitness regime, whether you work out at home by yourself, or whether you take classes, she suggests you think about these five things: (1) articulation—what your muscles look like now compared with how they looked when you started, their tone, their proportion; (2) limitation—your capacity for endurance, stamina, and relaxation, and "stick-to-it-iveness"; (3) flexibility—the ease or unease with which your muscles and joints cooperate, before and after; (4) your age—the demands on your time, the regularity with which you exercise, your energy levels; (5) relaxation—how quickly you tire and recover, the degree to which you can unwind.

"People are delighted to discover that there really are some things about themselves that *can* be changed," she says. "In classes the 'group spirit' is very encouraging and I'm constantly 'raising the ante' as my clients get stronger. And for them, there is the feeling of accomplishment that the quarter-inch stretch has been earned and the effortless breathing mastered. The rewards provide a wonderful motivation for continuing this special approach to fitness." *Kinetics, 29 E. 61st St., New York, N.Y. 10021; by appointment only. Telephone (212) 355-3740*

BEAUTY AND HEALTH PRODUCTS NEW THIS MONTH IN THE STORES

Everyone knows how important it is to deep-condition hair that is blown dry every day. Assuming that your hair is glossy, healthy, and looking its best, here are two new products that help keep it that way. The first is a round styling brush that has a silvery core. **Reflective Heat Technique** by *Glemby* does two things for your hair: It reflects the heat back to your hair as the air comes from

Continued on page 40

When you buy SilverStone, buy Slatecote bakeware to match...



Du Pont's registered trademark for its premium non-stick surface

TEFLON II

non-stick cookware coat

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The Enterprise Aluminum Co
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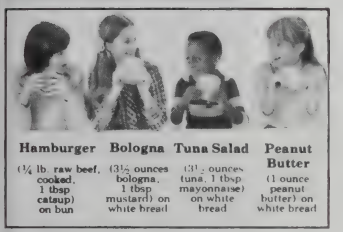
Consumer Reports thinks you should know:

How good is the bologna in that sandwich?

Of the 35 brands and varieties of bologna tested by *Consumer Reports* for quality, *nine* were rated Poor or Very Poor for taste. The samples, bought in food stores, were either rancid or showed beginning signs of rancidity.

The start of rancidity can often be detected by a perfume-like scent. So the sweet smell of your bologna may be trying to tell you something.

How does the bologna sandwich compare with the others?



Hamburger	Bologna	Tuna Salad	Peanut Butter
(¼ lb. raw beef, cooked, 1 tbsp catsup) on bun	(3½ ounces bologna, 1 tbsp mustard) on white bread	(3½ ounces tuna, 1 tbsp mayonnaise) on white bread	(1 ounce peanut butter) on white bread

The bologna sandwich earned our lowest vote of confidence.

Consumer Reports explored this in detail in its article "How Good is the Bologna in that Sandwich?"

Here's how bologna stacked up against the other three sandwich foods... (1) Highest in cost-per-ounce of protein (2) Highest in fats and calories. The bologna sandwich, in fact, was over *four* times as expensive as the cheapest sandwich—peanut butter—at the prices prevailing when we made our test. What's more, bologna contains a potentially harmful additive called sodium nitrite.

Consumer Reports gives you the facts behind the "baloney".

Today's supermarket is no place to be on your own.

Without help, it's hard to know about subtle product differences that can cheat your family of nutrients and maybe even cost you more in the bargain.

That's why *Consumer Reports* rates food and household products by testing standards just as rigorous as those we use for automobiles and expensive appliances. We are equally rigorous with our research into services, such as banking, insurance and much more.

Consumer Reports is the nonprofit, reader-supported magazine of Consumers Union—the nation's leading independent organization for testing and rating consumer products and services.



We don't accept advertising from anyone.

We buy what we test at retail stores just as you do. And we never accept "free samples" from manufacturers.

Five facts our readers learned that you could have used:

1. Shake 'n Bake Barbecue Chicken Coating is 50.9% sugar—more than five times the percentage of sugar found in Coca-Cola.

2. Hitachi, MGA and Sony proved the most reliable 19″ color TV sets in a survey of our readers. The least reliable? Magnavox.

3. A Dodge Aspen or a Plymouth Volare is *not* a good candidate in the used-car market. The '76 and '77 models had much worse than average Frequency-of-Repair records.

4. Two banks can advertise the same interest rate for your savings account. But one pays only $44.93 for the same period for which the other pays $75.30. It's how they *calculate* your interest that counts.

5. Yogurt costs 26¢ to 42¢ for an eight-ounce container, but for the nutritional benefits it provides, yogurt is a very expensive glass of milk.

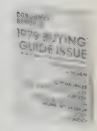
A lot of companies may not like what we have to say.

But remember, those same companies spend millions of dollars a year on ads and TV commercials for their products and services... so they can give you the facts that serve *their* interests.

Shouldn't you spend just $11 a year on *Consumer Reports*—so you can get the facts that serve *your* interests?

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New subscribers will receive a free copy of our 1979 Buying Guide Issue, 432 pages covering more than 1900 products by brand name and model number. You will also get, free, a copy of our revealing book about health products and services, *The Medicine Show.* And that's not all—see details of money-saving offer. Then mail the card or coupon.





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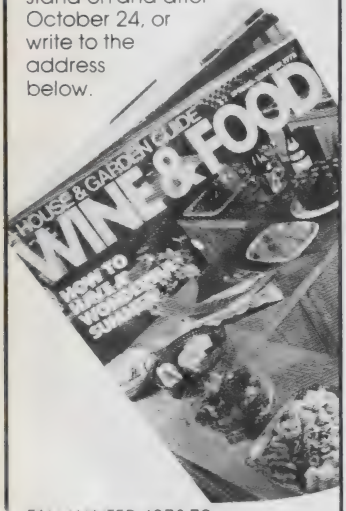
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feast!

It's good for you. And it's easy. Today's feasting is based on sound nutritional values and on great equipment that makes preparation and serving as pleasant as dining.
WINE & FOOD: A House & Garden Guide is full of ideas for feasting in healthy, beautiful, delicious style. The current issue, Fall-Winter 1978-79, focuses on the holidays, with buffet entertaining, food gifts to make, holiday recipes for children, edible ornaments, special drinks, and how to give a great party among its many, many features.
Find this festive edition at your favorite newsstand on and after October 24, or write to the address below.



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LOOKING GOOD
FEELING FIT

continued from page 36

the airflow nozzle of the drier, which lets you use a lower heat setting, and the core absorbs just enough heat itself, so that your brush becomes something of a curling iron. The second is a round, somewhat flat, hand-held drier for curly hair, permed or natural. **Supermax Curlytop** has no airflow nozzle, but rather diffuses 1200 watts of heat over a wider, broader area. It dries hair quickly but doesn't straighten or stretch the hair with concentrated heat. It's lightweight at 14 ounces and has a single on-off switch. About $30 by *The Gillette Company* at drugstores and department stores everywhere; brush about $3.

Here's a 4-step skin-care strategy for men that's been put together by *Aramis*. It's a simple, practical system based on specific skin types, and it's comprised of four products: **Double-Action Face Soaps** both cleanse and moisturize a man's face and they come in dry-to-normal and normal-to-oily formulas. **The Shave Alternatives** are three shaving creams adapted to meet the razor-reactions so many men experience every day —one is "Super Rich Shave Foam Concentrate," which contains soothing aloe and restorative vitamin E for skin that has occasional mild irritation; "Super Gentle Shave" for sensitive, drier skin with both humectants and silicons added for their smoothing properties; "Maximum Shave Gelfoam," right for heavier beards, as it provides a dense lather, which protects skin from the heavier pressure put on the blade. **Double-Action Astringent** is mild, antiseptic lotion, which also contains aloe for its soothing effect on skin, often necessary after the tough exfoliating process called shaving. The last step is **Moisture Care/Moisture Color** and it is two products which help retain the skin's water and add a slight suggestion of bronzing color to a man's face. Instead of the staining gel typical of "bronzing" products, here are two light and effective creams—one an aftershave, the other a concentrate. All these skin treatments cost from $5 to $8 each and are found at fine department stores everywhere.

Now's the moment to give him a new surprise, a fragrance from a long-established tradition of craftsmanship—*Van Cleef & Arpels Pour Homme*. This formula is different. It is perfumed cologne called "Concentrated Cologne." And, of course, it's made to last. The scent is slightly smoky, very individual, and he can try it in a natural 3-ounce spray for $18.50; 4 ounces, $20; or 8 ounces $32.50. At Bergdorf Goodman, New York and White Plains.

For those who like to keep skin care routines simple, here's a new cream that fits right in—*Night of Olay* by *The Olay Company*. The first difference is the fantastic lightness of the cream and the barely noticeable scent. It's full 8-hour night protection, and, after your morning freshening, follow through with the light, pink, *Oil of Olay* lotion. A 2-ounce jar costs $6 and you'll find it at department stores and drugstores everywhere.

If you're looking for something to give your looks a light lift, you're probably thinking of lipstick, so here's one that does your lips good while your spirit gets a treat—*Orlane's* new, super-rich *B.21 Lipstick*. It comes in 14 shades, has an effective sunscreen, a soft, glossy texture, and contains two ingredients to combat dryness from air by chapping, wheat germ oil and Allantoin, an extract from comfrey root. It feels luscious and stays beautifully fresh. $8.50 per shade at fine department stores and drug stores everywhere.

Crease and fade-resistant—that's what an eye makeup should ideally be. And *Chanel* has perfected one that's new now in six dusky shades. **Ombre Creme Chanel** is a light, sheer, emollient powder that comes in a black, cigarette-thin case, and it goes on with a sponge-tip, which you can use just like a makeup pencil. They're waterproof colors, too. In deep shades of lavender, pewter, taupe, green, blue at $8 each. Also, for **Chanel No. 5** lovers, a gorgeous new body cream in the famed scent is now being made. It comes in a very generous 8-ounce, white porcelain jar that's flat, so you can get every last smidgen. $12.50 at fine department stores across the country.

PAULA RICE JACKSON

Your fragrance and herbal almanac
The sign: **Capricorn**
Circa: December 22-January 19

The profusion of superb alabaster vases and jars found in Tutankhamun's tomb had contained over 100 gallons of perfumed anointing oils and unguents. Animal and vegetable fats, scented with resins and flower essences, were the ingredients. Oil of cedar, trees associated with Capricorn, was used, as was castor oil, an important component of modern cosmetics. The exquisite fragrance of the lotus, Egypt's flower, is found in Caswell-Massey's **Lotus Oil.** Capricorns approve of serene **Réplique** by Raphael and **Chanel for Men** pleases the male.

MARIA REACHI

Manuscripts

House & Garden assumes no responsibility for unsolicited manuscripts, photographs, drawings, house plans, or uncommissioned material. Material submitted must be accompanied by return postage or a self-addressed, stamped envelope.

"OPEN IT UP AND IT TURNS INTO A SEWING ROOM."

—POLLY BERGEN



Only Singer makes a cabinet that takes up so little floor space when it's closed–yet gives you so much sewing space when it's open.

Closed, the *Space Saver* cabinet is a beautiful piece of furniture.

It's faced in rich pecan veneers and accented with antiqued brass hardware. (Singer feels a sewing cabinet should be as easy to look at as it is to use.)

Open, it's a whole sewing room.

SINGER INTRODUCES THE SPACE SAVER* CABINET.

It accommodates any free arm or *Flip & Sew** machine that Singer makes. And it stores fabrics, patterns, notions, thread (up to 48 spools), sewing books–even your iron–within arm's reach.

So you can sew to your heart's content. Without ever having to stop and look for equipment.

One other nice feature: when you're through sewing for the day, all you do is close up your *Space Saver* cabinet. And your sewing room turns back into a living room.



Model 280

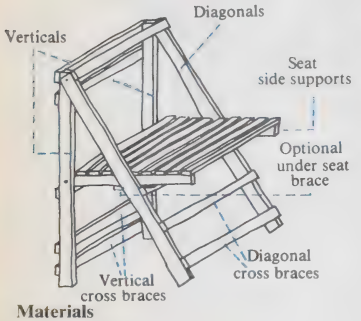
100 MILLION PEOPLE SEW EASIER WITH SINGER.

*A Trademark of the Singer Company.

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HOW TO MAKE THE **GO-ANYWHERE** CHAIR

designed by Peter Stamberg (see page 104)



Materials

Six 8-foot lengths of
1-by-2 inch #2 pine.....approx. $6.00
Four ¼-inch wing nuts;
Four ¼-by-2-inch carriage bolts;
Eight ¼-inch washers.....1.00
Two oz. 1¼-inch 16-gauge wire brads 20
Wood glue (approx. ⅛ of bottle).....15
Sandpaper (3 sheets at 15¢ each).....45
$7.80

Equipment/tools

Hand saw Sanding block Pencil
Hand drill Tapemeasure Hammer

Step 1 Cut wood to size as follows
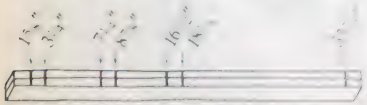
- 2 pieces 35½ inches long for diagonals
- 2 pieces 30 inches long for verticals
- 2 pieces 20½ inches long for seat side supports
- 4 pieces 20 inches long for diagonal cross braces
- 5 pieces 18 5/16 inches long for vertical braces
- 10 pieces 16 11/16 inches long for nine seat slats and one underseat brace (One more 16 11/16-inch seat brace is optional)

Step 2 Sand wood

Sanding can be done by wrapping paper around a short block of wood or with power sander. First use medium grain sandpaper to remove splinters, ridges, and bumps. Next use fine grain paper until wood is smooth. (If you plan to paint, this will be sufficient. If you plan to apply a clear finish, sand with finishing paper before applying first coat and also between coats.) To smooth wood edges, sand three or four times.

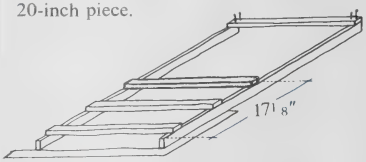
Step 3 Assembly of diagonal unit

- Place two 35½-inch-long diagonals together resting on 1-inch edges. Pencil



mark wood at seven points, *above*.

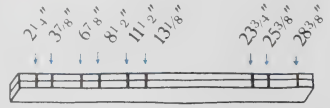
- Take the four 20-inch-long pieces. At each end partially hammer or "start" 2 nails ½ inch in from end and ⅜ inch from side.
- Place the two 35½-inch-long diagonals parallel on 1-inch edges.
- Spread glue on pencil-marked sections for one cross bar at a time. Position first 20-inch piece.



- Drive in the four nails. Wipe away excess glue immediately.
- Repeat for remaining cross pieces.

Step 4 Assembly of vertical unit

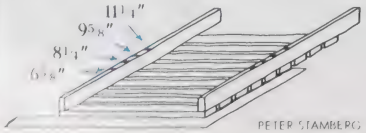
- Place two 30-inch-long verticals together resting on 1-inch edges. Pencil mark wood as shown *below*.



- "Start" 20 nails, two on each end, of the five 18⅛-inch-long vertical braces.
- Place the two 30-inch-long verticals parallel to each other 18 5/16 inches apart on the work surface.
- Glue and nail the pieces in the vertical unit as in Step 2 for diagonal unit.

Step 5 Assembly of seat unit

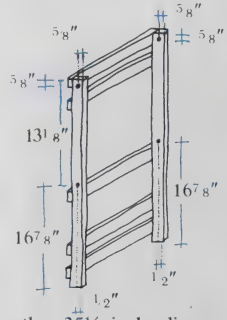
- Place two 20½-inch-long seat side supports together resting on 1-inch edges. With pencil, mark a point 1⅝ inches in for the first seat slat, allow ⅜ inch space, and continue marking off the other eight seat slats.
- Position the two 20½-inch-long seat side supports parallel to each other on the work surface, 16 11/16 inches apart.
- Start 2 nails in each end of the nine seat slats as before.
- Glue and nail the seat slats.
- Turn over seat unit when glued to attach underseat braces. With pencil, mark four lines for two seat braces (the second one is optional) *shown below*.



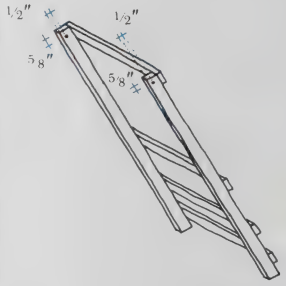
- Start nails, glue, and finish nailing.

Step 6 Drilling

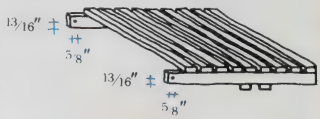
- Take the 30-inch-long vertical unit. Mark two drilling points on each side, one ⅝ inch from top, and one 13⅛ inches down from that.



- Take the 35½-inch diagonal unit. Mark one drilling point on each side, ⅝ inch from top, ½ inch from edge.



- Take the 20½-inch-long seat unit. Mark one drilling point on each side, ⅝ inch from back and 13/16 inch from edge.



- Drill holes.

Step 7 Final assembly with hardware

- Thread carriage bolts through holes. Start on the diagonal unit. Add a washer. Thread through vertical unit. Add second washer and screw wing nut loosely.



- Repeat for vertical unit, attaching to chair seat.
- Tighten all four wing nuts.
- Chair is finished, but should not be used for 24 hours until glue is dried.

Golden Lights 100's



Only 10 mg. tar

0.9 MG. NIC.

Taste 'em. You won't believe they're lower in tar than all these 100's:



19	17	19	11	12	19	18	11	16
MG. TAR	MG. TAR	MG. TAR	MG. TAR	MG. TAR	MG. TAR	MG. TAR	MG. TAR	MG. TAR
1.3 MG. NIC.	1.1 MG. NIC.	1.4 MG. NIC.	0.7 MG. NIC.	0.8 MG. NIC.	1.3 MG. NIC.	1.1 MG. NIC.	0.8 MG. NIC.	0.9 MG. NIC.

ource of all 'tar' and nicotine disclosures in this ad is either FTC Report May 1978 or TC Method. **Of All Brands Sold:** Lowest tar: 0.5 mg.'tar', 0.05 mg. nicotine av. per garette, FTC Report May 1978.
olden Lights: 100's–10 mg.'tar,' 0.9 mg. nicotine av. per cigarette by FTC Method.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

ENERGY UPDATE

Window wall that saves energy

How to have glass to let in sun and views without losing heat

By Bruce Polak

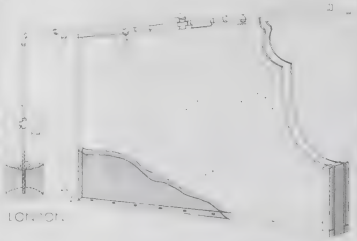
There are two sides to a pane of glass in terms of energy efficiency. On one hand, glass lets in the natural heat of the sun, which will warm a room beautifully. On the other, since glass is a material low in resistance (R value) to heat loss, when the sun is not shining, or when the temperature drops down at night, your window is the greatest conductor of heat in your house. Unprotected glass will transmit 30 times the heat loss of a well-insulated wall. A good deal of your furnace's power, therefore, is going right out of the window and costing you a good deal of money in fuel, that you might otherwise save.

Because of this dramatic waste, in many states now, new laws are being passed to prohibit the use of large expanses of glass in newly built houses. To architects and engineers this represents a challenge. How can we make windows more energy efficient and still enjoy the sun and open views we're accustomed to in a modern, light-filled house? One solution for insulating glass is Beadwall, shown on page 108 in the Super Kitchen. It was invented by Dave Harrison and developed by Steve Baer of Zomeworks in Albuquerque, N.Mex.

Beadwall is a double-glazed window with an air space between the two sheets of glass. The space may vary between 2½ inches to 4 inches according to installation. The wider the space, though, the better the R value or resistance factor to heat loss will be. (R value is measured in numbers, the higher the number, the better the insulation power. Double-glazed windows ordinarily have an R value of 1.5. Beadwall insulated windows have R values of 8 for 2½ inches, 10 for 3 inches, and 12 for 4 inches air space.) When the temperature outside is warmer than inside, your double-glazed Beadwall window acts as normal glass. But when heat loss begins to occur, the air space between the two panes of glass is automatically filled with tiny white beads of polystyrene. The beads are flame-retardant and coated with an anti-static agent to prevent moisture from clinging to the glass. When filled, the Beadwall looks like a white styrofoam wall. During an overcast day, you might have the wall partially filled with beads. The filled part will be opaque, letting in a pleasing, diffuse light. At night, Beadwall covers the entire window to retain maximum interior heat.

To operate the Beadwall, a thermometer or light-sensing device triggers a suction motor which activates the beads. The beads are housed in a storage unit which can be placed up to 40 feet from the window and easily concealed outside or on a terrace, as in the Super Kitchen. The storage unit contains a two-part motor that works as a blower and a vacuum. When the temperature falls, the blower is automatically set in motion and the beads blown through a narrow pipe leading from the unit to the casement on the top of the window. From there, they cascade down between the panes of glass to fill the window. To empty the wall of beads, a vacuum motor sucks beads out through the bottom end of the Beadwall, draws them through a connecting pipe, and back to storage unit. A valve automatically closes off the top pipe so beads are channeled directly to storage unit.

Beadwalls are a custom installation. So obviously the cost of installation



Section shows double glazing partially filled with polystyrene beads. Drum storage container for beads on left.

varies according to the window size. The motor used to operate the system consumes very little power, about one kilowatt hour of electricity per week for 100 square feet of wall, so running costs are reasonable. An additional plus is a manual over-ride on the mechanical controls. For more information on Beadwalls write: Steve Baer, Zomeworks, P.O. Box 712, Albuquerque, N.Mex. 80713; Bruce Polak, BP Solar Tech, 330 W. 45th St., New York, N.Y. 10036; Total Environmental Action, Harrisville, N.H. 03450; EGGE Research, Box 394 BT, RFD #1, Kingston, N.Y. 12401. ■

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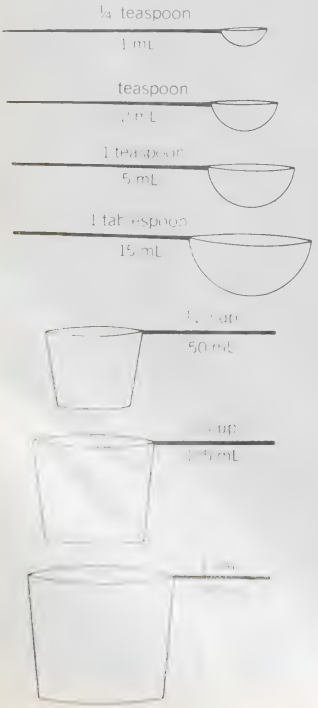
An introduction to help you get a head start on

METRICS

You may have noticed some new, perhaps unfamiliar, symbols on boxes and cans in the supermarket recently. They're simply the beginning of our gradual conversion to the metric system of weights and measures, now used by 95 percent of the world. Once you learn to "think metric," those symbols will make life easier, and to help you get acquainted with them, we've prepared this page for you to post in your kitchen as a ready reference.

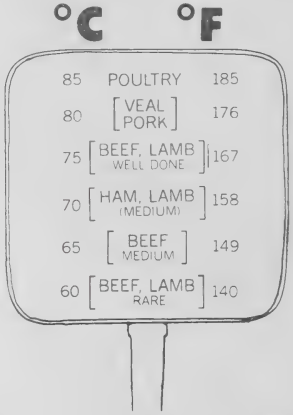
VOLUME

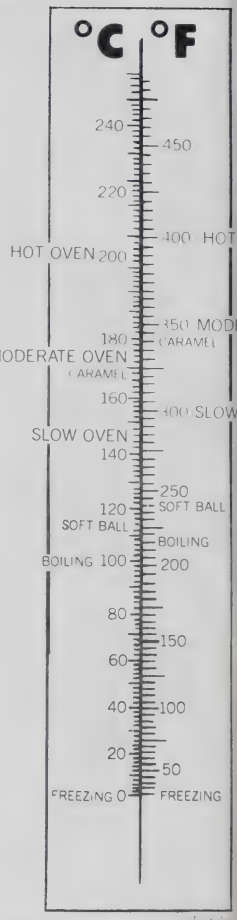
Cooking at home, you will still use convenient cup and spoon measures, which have nearly equal metric equivalents but with new names: liter (L), deciliter (dL—1/10L), and milliliter (mL—1/1000L). For example, 1 cup = 250mL = 2½dL = ¼L. To convert: ounces to mL, multiply ounces by 30; mL to ounces, multiply mL by 0.034; quarts to L, multiply quarts by 0.95; L to quarts, multiply L by 1.06.



TEMPERATURE

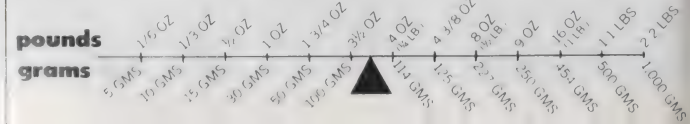
We all hear the outdoor temperature given in degrees Celsius (°C) and Fahrenheit on weather reports—now is the time to start thinking of cooking in °C (formerly Centigrade) as well. Units of 10 make it easy to remember that water freezes at 0°C, boils at 100°C, and roast beef is rare at 60°C. To convert Fahrenheit to Celsius, subtract 32, multiply by 5, divide by 9. For C to F, multiply by 9, divide by 5, add 32.





WEIGHT

Metric measures of grams(g) and kilograms(kg) replacing ounces and pounds do not mean you will need a kitchen scale for everyday cooking, but learning that 500g is just over 1 pound will help when you shop. To convert ounces to g, multiply ounces by 28; for g to ounces, multiply g by 0.035. For more information, write the American National Metric Council, 1625 Massachusetts Ave., Washington, D.C. 20036.



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Club Med Cancun: Super beach-week for a single parent and child

By Jane O'Reilly

We went to the Club Méditerranée in Cancun, Mexico—I, the single parent, and my son, the 14-year-old—because I wondered what a Club Med would be like, because of the Mayan ruins nearby on the mainland, because of all the snorkeling and scuba diving, and all the other great things to do there. My son loved it. I loved it. The place might have been designed especially for a parent and teen-age child to have great times together.

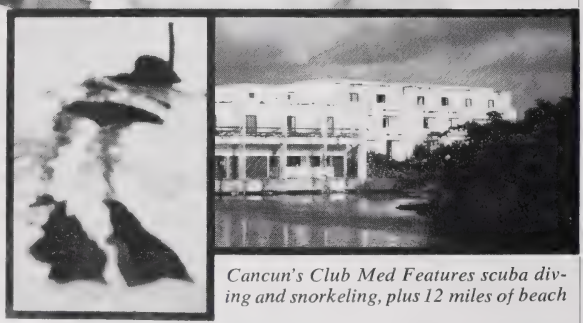


Parrots entertain 14-year-old Jan in Cancun, Mexico

O'REILLY

The two of us and the rest of our group who had flown nonstop from New York on a Saturday were greeted by the traditional Club Med version of a pep rally. Many of the people with us had been to a Club Med before, and responded to the spectacle of people in very small bathing suits and pareos, who were clapping and singing as the buses pulled up, as they might have responded joyfully to homecoming banners. My son and I ran the gauntlet of gaiety and reached our room, which was charming, comfortable, necessarily air conditioned, and marvelously located with a view of the lagoon—as are all the rooms.

The Cancun Club Med is bigger—it can hold 600 people—and more American than most of the other Clubs, and some of the regulars complained of having to walk from activity to activity.



Cancun's Club Med Features scuba diving and snorkeling, plus 12 miles of beach

They certainly didn't have to walk very far, but they had to move fast to take it all in.

We ran, on the double, from early tennis (bring your own balls) to midmorning post-breakfast yoga, to snorkeling or diving, to lunch, to crafts, to sailing, to water polo, to nap, to drinks (for me) and Ping-Pong (for my son), to dinner, to cabaret, to bed. We should have brought along an alarm clock. The Club urges visitors to forget about clocks, but at the same time all activities are scheduled and some are signed up for in advance.

If I had been alone at the Club, I would never have left the beach—a 12-mile curve of white sand and pale green water. I would also have been badly sunburned, so it was just as well I was kept to a busy schedule. It was also fun. I loved being able to take a sailing lesson—or any other sort of lesson—without finding a charge on my bill at the end of the stay, and my son loved trying everything. The only thing we didn't do was take part in the Talent Show night, but we watched, and we laughed a lot.

One of the best days that week was spent on an excursion to Chichén-Itzá. It included an adventurous local flight, an excellent guide, and a pleasant lunch. My son climbed the great Castillo temple twice—a feat I did not attempt to match. I stayed below and bought embroidered Mexican blouses. Other excursions: a boat trip to Isla Mujeres which includes lunch and snorkeling, and another to the ruins of Tulum. If your heart is set on

Continued on page 52

VERMONT
Cross-country skiing and a Colonial inn

By Catherine Ettlinger



Cross-country skiing at Woodstock Inn

The first time I saw the Woodstock Inn —that's Woodstock, *Vermont*—was from a horse: It was summer and I rode right through town and past the inn. The next time, I was in college—and I spent a whole colorful fall weekend there. Just recently, I went back again. This time it was well into winter: There was snow everywhere—I could just see the tips of the

(Continued on page 53)

NEWS Ski trains, fitness cruise, luggage to take

Skiers who like to take the train are in luck: Amtrak is offering attractive discounts—up to 40 percent off regular fares—when linked with ski vacations in Vermont, Québec, Ontario, Colorado, Montana, and Oregon. For $199, for instance, you can spend a week skiing at Mont Ste. Anne, Québec. Includes: roundtrip rail ticket (from New York, Philadelphia, Washington, or stations en route), deluxe hotel room in Québec City, five days of skiing, breakfasts, daily transportation to the slopes. For information,

Continued on page 56



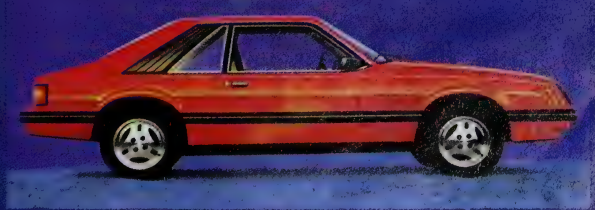
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GOING PLACES, FINDING THINGS

continued from page 50

seeing all the mainland ruins within reasonable distance, however, plan to over for extra days or a week after y stay at the Club itself. Last year aft went to Cancun, Club Med ope several inns near famous archaeolog sites—Teotihuacan, Cholula, Uxm Chichén-Itzá, and Coba. When make a reservation for Club Med C cun, the agent can also book you these excellent "archaeological vill where the normal one-week minim club stay does not apply.

A primary attraction of the Can Club is the scuba diving and especi a day trip to the Palancar Reef off C umel Island which is usually availa for experienced certified divers. Thi an incredible thing to do if you qualif each diver must have a diving certifi tion card, like a driver's license—si it is one of the most famous reefs in world. The trip, which includes a sl flight to Cozumel and back, costs ab $70.

For those who are not yet qualif divers and do not want to take the lessons required for a first openwa dive, there is excellent snorkeling ov reef just above the Club complex. waters off Cancun have been decla a sanctuary, so you are not allowed pick anything up off the bottom.

If you would like to make a dive are already experienced, the Club requires a simple physical plus a wa test. The test involves jumping into water without a mask, putting it on clearing it of water, taking it off and p ting it on again, buddy breathing, changing signals correctly underwa and snorkeling back to the boat. C dren under 18 need their parents' c sent to dive and are only permitted dive to 15 feet.

The diving program at the Clubs M includes a doctor who is always on boat, at least one instructor to every students, and a second boat that pat the surface above a dive area.

The point of all this preparation, course, is the chance to see the rema able underwater life. Off Cancun, th are various coral formations with leys and tiny grottoes worth explori As you go deeper, things get brighter bigger. Sometimes a grouper will from your hand. There's an occasio sea tortoise, trumpetfish, rainbow part fish, purple sea fans, fire coral, yell tail-snapper, four-eyed butterfly (two "eyes" are colorful spots on th bellies), staghorn coral, brain coral, a barracuda called "Charlie" that all Club regulars seem to know.

Diving also makes the guest part an instant in-group. Divers have spec picnics and dinners and develop an i

...iate sense of camaraderie. We joined
... divers whenever it was possible for
...ner at the small beach bar, La Palapa,
...ch was cozier than the large dining
...m and required signing up for in
...ance.

...ny Club Med is, by reputation, sup-
...ed to be heaven for singles. One night
... met a girl from Alabama who was
...ing at the dinner table. Her room-
...e explained: "She hasn't met anyone
...." Poor girl, she didn't have a 14-
...r-old to bring along—definitely the
... company anyone can have at a Club
...d. (Jan and I had a few shaky mo-
...nts in the beginning. Mexican cus-
...s took a dim view of a mother trying
...ake her child into [or out of] the
...ntry without written permission from
... child's father. This problem was
...ckly smoothed away by the Club Med
...esentative.)

...low to make reservations: Contact
...r travel agent or call Club Med's toll-
... number, (800) 528-3131. ■

...mont
...tinued from page 50

...s white picket fence poking their
...es up through the thick blanket of
...w that had accumulated on the ex-
...sive lawn. The inn was all lit up and,
...king back, I realized that no matter
... many times I returned, I'd always be
...ressed by the stately Colonial that
...ided, like a grande dame, over the
...le village from The Green.

...nside, to greet me, there was a crack-
... fire in the lobby's 10-foot-long fire-
...e (I later learned that it's kept burn-
... round the clock all winter long).
...riendly face directed me to my sec-
...-floor room: Wrapped in yellow and
...e mattress ticking wallpaper, it was
...l with country wood furniture, paint-
... by local artists, patchwork quilts,
... a vase full of fresh flowers. It didn't
... long to settle right in.

...adiating out from the inn are 47
...s of cross-country ski trails suited
... every level of skier. They are all
...rvised by the inn's Ski Touring Cen-
...which is housed in the Woodstock
...ntry Club's pro shop just one-half
... from the inn. If you want to cross
...ntry, head down there: A tanned,
...letic-looking young man who'll in-
...uce himself as John Wiggin, director
...e Center, will happily point out the
...s and provide whatever maps you'll
...l. No gear? He'll outfit you with skis
...perly waxed for the day's condi-
...s), boots, and poles. Since I'd never
...s countried before, he suggested I
... some equipment and take a lesson.
... joined one that had just begun. Tulle
...er, a pretty redhead, was teaching
...class to fall: "It's a sure way to stop
... and it's easy to get up"—a simple
...er of getting both skis on one side
...ou, pointing them in the same di-

Continued on next page



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continued from preceding page

rection, and pushing yourself up on your poles. (We all struggled through the motion and promptly agreed that there'd be no more falling.) On we went, learning how to skate, herringbone up a hill, side step downhill, and pole to stop.

One of the nice things about cross-country skiing is that competence comes quickly. By the end of one class, having peeled off several layers—(it's best to wear three or four lightweight sweaters that you can take off one by one as the day warms—plus jeans, knickers, or warm-ups)—I was ready to strike out on my own. I crisscrossed the trails in front of the Touring Center, then took off across a little wooden bridge that led me over a stream and into the woods. Once there, I followed a nature trail marked by John Wiggin, who has a master's degree in forestry from Yale. As I went, I learned about all the trees and wildlife around me and couldn't help thinking what a terrific outing this would be for a whole family.

There's also a day-long 15-mile cross-country route you can follow from the inn to Barnard, Vt. (This trail is part of the 47 miles of trails operated through the Touring Center.)

If you decide to make this trip—or any other that will take you away from the inn's facilities—the inn will pack a box lunch for you (just leave your order with the desk the night before). You have your choice of two: The Hiker or, for those who can work up a big appetite, The Long Haul.

If you're less ambitious you can have lunch at the inn—or at the Touring Center, which is what I did. Above the rental shop (from which you can also rent snowshoes), there's a charming restaurant with a big picture window overlooking many of the trails. Warmed by a fire, I had a big bowl of homemade clam chowder (New England style, of course) and a piece of still-warm raspberry pie.

In addition to all its cross-country trails, the inn operates two downhill ski areas: one mile away is Mt. Tom and three miles beyond that is Suicide 6 (which is much friendlier than its name implies). On the way to Tom be sure to stop at Gilbert's Hill where 35 years ago, Farmer Gilbert rigged the first mechanically operated ski lift in the United States—a rope tow powered by a Model T engine. And across the road from 6, you can visit the inn's sugarhouse where the staff produces all its own maple syrup. (If you're there in March when the sap is running, you can watch them tap the trees, then transfer the sap into huge cauldrons where it's boiled until it becomes pure maple syrup.)

When you're not skiing, you might want to stroll through Woodstock—no effort, since the inn is right in the center of town. Don't miss four Paul Revere bells or the Dana House Museum. I peeked through the windows and saw the old fireplace ovens where the original inhabitants baked their bread. I also ducked into several antique shops where there were some beautiful examples of Early American furniture; a needlepoint shop where there were lots of samplers and designs with fruits and vegetables and forest animals. And then I stopped in at The Young Cheese Shop, which, with its pedestal tables and iron chairs, old-fashioned soda fountain, and huge rounds of aged cheddar, has much more of the feeling of old-fashioned Vermont. I ordered a hot chocolate which came with a mound of real whipped cream afloat and, sipping it, I debated about whether to buy a hundred-year-old sap bucket and put it back to work as a wastepaper basket or a planter at home.

You don't even have to leave the inn to get a sense of Vermont years ago. The inn's gift shop, with all of its locally made crafts, Trappist jams, and maple-sugar candy, is more of a Vermont general store than an ordinary hotel gift shop. Keep an eye on the inn's bulletin board across from the desk for special activities: When I was there, one of the inn's basement conference rooms was turned into an antique marketplace. You could buy old quilts, farm tools, furniture, prints, and decoys.

As far as food and drink goes, the inn has its own bar, coffee shop, and dining room where, on Saturday nights and Sunday afternoons, lavish buffets draw loyalists from all over Vermont. In addition to a long table filled with hams, turkeys, roast beef, vegetable and seafood salads, the buffet is famous for its desserts. Especially appealing is the maple mousse made from local maple syrup.

After dinner on Saturdays there's dancing in the ballroom—or, you could go on a sleigh ride (this is a very popular activity, so be sure to sign up as soon as you arrive). Forrest Quinn, a local farmer, hitches two enormous brown-eyed, Belgian bays to a hay wagon-turned-sleigh and takes 14 guests up the side of Mt. Tom. You huddle together under blankets which he provides, and then glide up a carriage trail that was cut through the woods more than one hundred years ago. Bring your own hot toddies. On the way, you'll pass an evergreen farm and Pogue Lake (Kiss Lake in Scottish—and when you see it, nestled high in the mountains with the moon glistening on its frozen face, the romance becomes clear). From the top, where the old iron horse ties are still intact, you can look east, north, and south over the whole Ottauquechee Valley: Woodstock is but a tiny cluster

Continued on page 56

THE NICKEL AND DIME TOUR OF NORTH CAROLINA.

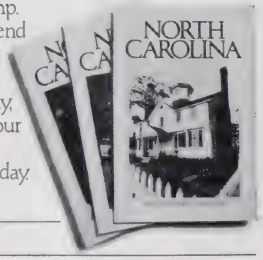


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Real Ceramic Ti

GOING **PLACES,** FINDING **THINGS**

continued from page 54

twinkling in the clear night air.

Getting There: The Woodstock Inn, built by Laurance S. Rockefeller in 1969, is one of a string of Rockresorts that stretches from Caneel Bay in St. John, Virgin Islands to Kapalua Bay Hotel in Hawaii. It is located in central Vermont, right off Rt. 91 on Vt. 4. It's an easy drive from New York (260 miles), Hartford (166 miles), Boston (148 miles), or Providence (180 miles).

Or, you can fly from New York or Boston to Lebanon, N.H., where you can hire a taxi or rent a car to get to the inn 15 miles away. Burlington, Vt., 89 miles away, has an international airport with daily service to major cities all across the country.

There's also bus service daily to Woodstock; Amtrak service to White River Junction, Vt., 20 miles away. ■

News: ski trains

continued from page 50

see our booklet section, opposite.

Japanese gardens are an art form that began in the 6th century. Today, there are 130 garden masterpieces in Japan that have been preserved and protected by law. Now, a leaflet put out by the Japanese Tourist Office tells you how to see them and what to look for. Other new leaflets give information on Japanese ceramics, castles, inns. For details, see our booklet section, opposite.

Women in particular are on the lookout for a *garment bag that's meant for dresses* not suits, isn't too big or too heavy, and doesn't look totally masculine. Samsonite's lady's Ambience garment bag folds three times, is made of plastic-coated canvas in attractive neutral colors like khaki and burgundy, and it will fit under your seat on an airplane. $50. Write Samsonite, 11200 East 45th Avenue, Denver, Colo. 80239, or check with your department-store luggage department.

Are you paying full economy airfare when it seems that everyone else is traveling on a discount? If so, take heart. The airlines are beginning to *pamper the full-fare economy passenger.* On Pan American's European and some Pacific flights, British Airways' North Atlantic routes, Air France's NY-Paris flight, all of TWA's flights, and all of American's flights within the U.S. and Canada the normal economy passenger is getting breaks: speeded check-in procedures, return boarding passes at check-in, seat assignments made with reservations, special sections on the plane, and first service at meals are among the new advantages of paying full fare.

Cruise for fitness aboard the Vista-gian American Lines are offering a 14-day "Beauty and Health Spa at Sea" program. Yoga and exercise classes, nutrition lectures and diet programs, saunas, make-up and skin clinics will help you in South America. Stops include Grand Cayman, the Canal Zone, Aruba, Guadeloupe, St. Barts, St. Maarten, and St. Thomas. Departure date: March 17 from Port Everglades, Fla. ■ C.S.

■ BOOKLETS TO HELP YOU PLAN YOUR TRIP

To plan better vacations, here are some booklets that give you information about where to go and how to get there. Just fill out the coupon below and return it.

1. Club Med has over 35 resorts around the world, from its ski village in Chamonix to the tropical resort on Bora Bora. Details on rates and activities.

2. Club Med Charter Programs for 1979 leave every week from Baltimore, L.A., N.Y., and Chicago to the Bahamas, Martinique, Guadeloupe, or Mexico.

3. There are several **Rockresorts,** including Caneel Bay, Little Dix Bay, Kapalua Bay, Grand Teton, and the Woodstock Inn. All provide relaxing vacations in untouched natural surroundings.

4. The Woodstock Inn is beautiful year-round. Go cross-country skiing in the winter or horseback riding in summer.

5. Caneel Bay Plantation, St. John, U.S. Virgin Islands, was once a working sugar plantation and is now a deluxe resort with tennis courts, three dining areas, and seven powder beaches.

6. Kapalua Bay Hotel, Maui, Hawaii, has a golf course designed by Arnold Palmer that winds through pineapple fields and faces an ocean view at every tee.

7. Grand Teton Lodge Company has four lodges—from the deluxe Jackson Hole to the tented village at Colter—set in the unspoiled Grand Teton National Park.

8. Amtrak's Pick of the Peaks: East and West offers great ski vacations. For instance, you can spend a week at Killington, Vt., for $206 plus 40 percent off the price of your rail ticket.

9. Japan for the Special Interest Traveler includes four leaflets—Gardens, Ceramics, Castles, and Ryokans (inns).

10. Ski vacations at Waterville Valley, N.H. range from 3-7 nights, $81-$275. You get: hotel, skiing, and a special Ski New England/Eastern ski cap. More in Eastern airlines' **The Real Ski Country.**

11. Québec: A Whole Different World Next Door is a 3-by-2-foot map that includes highways, minor roads, campsites, tourist information, and more.

12. If you're planning a trip anywhere in Canada, take along the **Canada Highway Map**—it covers the entire country.

13. Relive the Gold Rush as you drive through the Yukon; or, visit an 18th-century fortress on Cape Breton Island. Fifty-four driving tours in **Touring Canada.**

14. Ski British Columbia 1978-9 lists 63 resorts that have downhill, cross-country, or helicopter skiing. Details include number of lifts, vertical drops, and nearby accommodations.

15. The Laurentians, mountains an hour north of Montreal, have 32 major ski areas, six with night skiing. Illustrated map included.

16. Montreal comes alive in winter. You can ski, cross-country ski, ice skate, toboggan, and more. **Montreal Snow Ball.**

17. 1978/9 Skiing in Québec lists over 100 ski areas in the province. Information includes number of slopes, type of lifts, rates, and nearby hotels.

18. Winter in Ontario, Canada 1978/9. Information on skiing, snowmobiling, ice fishing, annual events, and where to find out more.

19. 1978-79 Cross-Country Skiing and Snowshoeing: a guide to trails and facilities in Québec plus parks and reserves where the sports are available. Calendar of events included.

20. Hilton International Fact Finder has information on all Hiltons operated outside the U.S., from Austria to Venezuela. Rates, special features, services, plus useful addresses and more.

21. HRI's Directory of the Leading Hotels of the world has listings of hotels in a range that includes Topnotch in Stowe, Vt., and the Mandarin Inn in Hong Kong. All you need to know for over 100 deluxe hotels in 23 countries. ($1)

22. The Spa at Palm-Aire, Pompano Beach, Fla., has extensive indoor spa facilities, plus outdoor activities such as tennis, golf, swimming, and boating.

Circle the number of each booklet you want. Add $1 for postage and handling. Do not send stamps. Allow up to 4 weeks for delivery. Mail to: HOUSE & GARDEN, Dept. 12A, Box 3579, Grand Central Station, New York, N.Y. 10017.

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Offer expires 3/15/79

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American Cancer Society

The cash register of Nettie's peaks to the computers of Needham.



(Frank Kirtien Jr., Vice-President of Nettie's Flower Garden, wreathed in smiles.)

"Contrary to popular belief, life in the lower business is no bed of roses.

"It's a jungle out there.

"And although, as Vice-President of the argest flower business in St. Louis, I'm an expert on the likes of Floridian gladioli, Dutch parrot tulips and South American carnations, what I used to know about media buying did not amount to a hill of beans.

"So, like my competition, I depended on adio, local newspapers and the inevitable neighborhood grapevine.

"But as my business began to branch out om corsages to conventions, bouquets to anquets, I wanted a media buy that would each more successful businessmen without ipping too far into my advertising budget.

"Then last year, my advertising agency—larris McKenna Meng—told me about MNI.

"Magazine Networks, they said, is an nexpensive way to buy national upscale magzines in compatible local groups. With etworks you can choose demographically, geographically, even psychographically. In markets as local and diverse as Denver, Rochester, Kansas City and Miami.

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If you want to find out more about Magazine Networks and how it can be used for heavy-ups, test-marketing or special promotions, call Betty Foley at (212) 661-4800.

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DEAR HOUSE & GARDEN

Answers to your questions. Here we share some interesting letters from our readers

By Margaret Morse

SEW WARM

I'm thinking of making a down comforter. Do you know where I can find out how? —I.M., East Detroit, Mich.

Why not consider the comforter kits available by mail from Frostline Kits, Department 128, Frostline Circle, Denver, Colo. 80241? There are two styles: One is reversible, in beige and brown or in light and medium blue Trinyl fabric, in four sizes. The other is a "duvet" in white nylon taffeta, in five sizes including crib-size. The "duvet" is designed so you can cover it in your own fabric—instructions but not the fabric for the slip-on cover are included. Both styles show 6 quilting-stitch patterns, are available in down or less expensive half down, half feathers filling, packaged for minimum mess. Kits for pillows, parkas, packs, sleeping bags, too. Free catalogue.

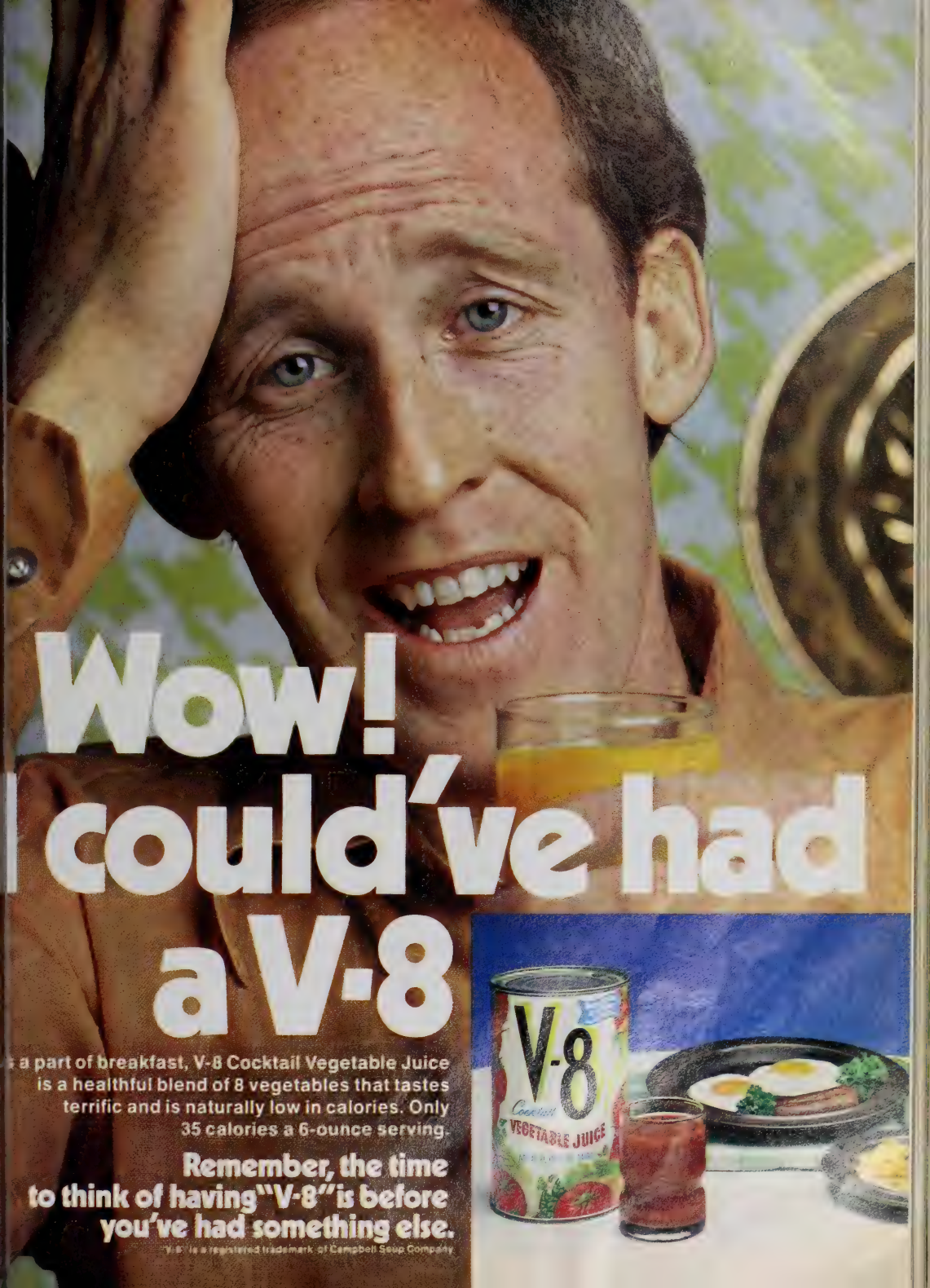
SHEET SHAPE

In 1966 I was able to buy fitted sheets for my 60-by-75-inch mattress. Since then I haven't seen any. Does anyone mass-produce them?

—E.B., Greenwich, Conn.

The National Association of Bedding Manufacturers' voluntary standards went "super size" about ten years ago, and major sheet manufacturers followed suit. The standard queen-size mattress is now 60 by 80 inches. Short of using new sheets and tucking in the extra inches, you could turn to The Norman Dine Sleep Shop at Wuensch Co. (33 Halsted, East Orange, N.J. 07018), where fitted sheets, mattress pads, and—a boon to platform-bed owners—blankets (even electric ones) can be made to order for virtually any mattress shape or size. Choose from white 100 percent cotton sheeting; white, solid-color, striped, or printed no-iron polyester and cotton; or white or solid-color polyester satin. To borrow swatches, please send 50¢ to Norman Dine. For price estimate, send mattress measurements (including thickness), fabric preferences. For "unmeasurable" mattresses (ovals, diagonal boat bunks, etc.), include a wrapping-paper template of the shape.

It mightn't be far-fetched to consider buying a new mattress. According to Nancy Butler of the N.A.B.M., "The average American consumer expects her everyday mattress to last 15 to 20 years—an overestimation in terms of optimal support." *(Continued on page 64)*

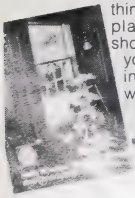

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ENERGY-SAVER HOUSE

How computer analysis can help you save energy and money in building or adding on to a house

Built at Hawley, Pa., by Tahoe Homes, Ltd., the Kingsberry Homes "Cedarbluff" house by Boise Cascade Corp., Inc., on pages 90-95, cuts heating and cooling costs by energy-saving measures. Extra insulation was added in roofs, heating ducts were insulated, double glass and storm sash were used in windows, double glass in sliding doors, weatherstripping, insulation and a storm door for the wood front door. These optional measures, added by the Tahoe Homes builder, will result in less heating and cooling being needed, at less cost, than in the basic "Cedarbluff" house. And, consequently, the heat pump that heats and cools the house is a smaller, less expensive model.

To learn the precise savings these measures made possible, they were checked at the house and followed by a computer analysis. The analysis, by York Heating and Air Conditioning, manufacturer of the heat pump, assessed the energy-saving measures and their costs. It calculated the heat loss and gain the house, recorded the insulation f tors of walls, roofs, windows, and doo checked the size and efficiency of heat pump, and compared them w those of the basic house and estimat the savings gained. It also projected annual heating and cooling costs of house based on local weather, typi winter and summer temperature ran indoors and out, and local utility rat

This procedure, YES, the York En gy Saver computer analysis, is a natio service program York offers home bui ers. After supplying basic facts on house, such as its construction, locati heating and cooling equipment (of a manufacture) and feeding them to York computer center, the computer w come up with a print-out analysis. estimates heat loss and gain for a hou suggests the most efficient size heati and cooling equipment, evaluates the fectiveness of various energy or mon saving options in the design and structu

These are the computer analysis results on the Tahoe Homes "Cedarbluff" hou

Optional, added features:	Additional Cost	Heating/Cooli Savings per Yea
Double hung windows with storm sash	$400	$154.92
Second story, fixed glass windows	110	32.26
Sliding, double glass doors	120	75.05
Weatherstripped, insulated core door and storm door	120	37.74
Roof and "cathedral" ceiling of house with double layers of 3⅝-inch insulation (R-26)	240	7.27
Roof and ceiling of vented, bedroom wing with 9½-inch insulation (R-30)	160	12.88
Heat pump, 2½ ton unit	0	45.67
Total costs:	**$1,150**	**$365.79 Savin**

The heating/cooling requirements of a house are expressed in terms of BTUs *(Brit thermal units)*	For Heating	For Cooling
The basic house model requires a 3 ton unit	72,702 BTUs	32,387 BTUs
The Tahoe Homes Model requires a 2½ ton smaller unit	43,459 BTUs	27,618 BTUs

Estimated annual heating/cooling cost of basic house model	$876.50
Estimated annual heating/cooling cost of Tahoe Homes model	$510.71
Heating/cooling savings per year	**$365.79**

The heating/cooling equipment is selected for 70° indoor temperature in winte 0° temperature outdoors. For cooling in summer, a 75° temperature indoors, 90° outdoo

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PLANTS AROUND THE HOUSE

Plants that make scents

A dozen ideas to give winter a lift with color and fragrance

By Richard Langer

Of all of our senses, that of smell is the least understood—and yet perhaps one of the most important for psychological well-being. New-mown hay, autumn leaves, a special perfume, burning candles, or ocean breezes can all evoke moods and thoughts far beyond their significance to our day-to-day life. One of the most common and expected sources of scented stimulation is flowers. Yet we rarely think of house plants for their fragrant qualities. And, it's true, specimens such as African violets, begonias, and most cacti aren't usually tempting in an olfactory way. But there are a number of plants with scintillating scents to grow on the windowsill or under lights. Nose around a bit and you'll find lots of them to your liking.

Several of the most fragrant plants are **orchids**, among them my daughter's favorite, *Epidendrum phoeniceum*; its bloom smells exactly like chocolate cake. Fortunately, while seemingly exotic, most of these fragrant orchids make good house plants and do not need greenhouse conditions—something which can't always be said for that scented marvel, the gardenia. Temperamental as gardenias may be, however, if you're successful with them, the sweet smell of that success is hard to beat.

But first try something easier, such as cardamom (*Elettaria Cardamomum*), a plant that literally exudes fragrance from every pore. A freshly picked leaf crushed between the fingers releases a most refreshing spicy aroma. One whiff is a real pick-me-up.


BEADLE

Shiny-leaved, sweet-scented Osmanthus

Although *Elettaria Cardamomum* is the true cardamom, from which is derived the seed of the same name so popular in Oriental and Scandinavian cooking, it's best not to hold out for a major harvest, although you may get small spikes of cone-like yellow flowers peeking between the green lance-shaped leaves if the plant is thriving. For this it needs a rich loamy soil and profuse amounts of water during its spring and summer growth period.

For flowers that will outdo in orange-blossom fragrance those from the orange tree itself, try sweet **bouvardia** (*Bouvardia longiflora*). A small shrub from Mexico, growing to 1 to 2 feet indoors, it has snowy white blossoms that will fill a whole room with their fragrance. Prune heavily *after* the May-June flowering to keep the bush compact. Blossoms form almost exclusively on the new growth, so you'll need to shape the plant before this growing spurt commences. Let the loamy soil become rather dry between waterings for best results.

The *Brunfelsia pauciflora* richly deserves its fame as a fragrant bloomer. Laden with flowers six months of the year, it's hard to beat. However, its popular name, the **yesterday-today-and-tomorrow-tree**, may have originated because, if things aren't to its liking, you will have waited yesterday for flowers, and again today, and may still be waiting tomorrow. A borderline greenhouse plant, *Brunfelsia* thrives in some living rooms and completely refuses to produce in others. The main positive factors seem to be lots of sun and atmospheric moisture. If you have a corner that offers these two conditions, here's a fragrant plant that is most rewarding.

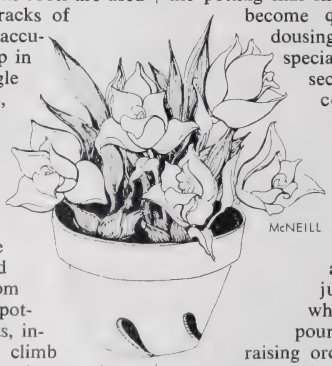
More easily grown is the **Natal plum** (*Carissa graniflora*). Dwarf varieties are your best bet, since the standard plant will grow to 7 feet and it can become rather unmanageable. The closely set leathery leaves are evergreen and look their richest if misted often. This also encourages blooming: *Carissa* seems to object to dusty leaves. The very fragrant white star-shaped flowers are born in clusters that can decide to put in an appearance just about any time of the year, although fall seems to be the most frequent choice. Easily shaped by pruning, the Natal plum makes a striking indoor topiary.

One rarely thinks of **iris** as fragrant, and even less as a candidate for indoor grow-

(Continued on page 64)

FRAGRANT ORCHIDS

The major difference between growing fragrant orchids and growing your other house plants lies in the soil. Orchids are for the most part epiphytic, or air plants. This means their roots are used to growing in the cracks of bark, moss, and other accumulate debris high up in the crotches of jungle trees. Because of this, they need a special, almost soil-free potting mix, but one that packs firmly as well to give their roots something to hold on to. Use one of the special orchid mixes available from suppliers. Don't use potting soil. Orchid roots, incidentally, will often climb right out of the pot. Let them. As beautiful as their flowers are, orchids have terrible pot manners, so you'll just have to learn to live with extraneous roots crawling about where they will.


McNEILL

A beginner's orchid, *Lycaste aromatica*, adds the fragrance of cinnamon to your scent spectrum. Water heavily during the April-to-October flowering period, although as with most orchids, the potting mix should be allowed to become quite dry between dousings. This, after the special potting mix, is the second key to a successful beginning with orchids. When you water them, drench them to the hilt, then give the roots a chance to dry off a bit before you soak them again. As with a jungle cloudburst, when it rains it should pour. The third key to raising orchids is a continuous program of fertilization. Every time you water your orchids during the growing season, you should use a dilute solution of an orchid fertilizer such as the popular Peter's. No food, no flowers. *(Continued on page 64)*

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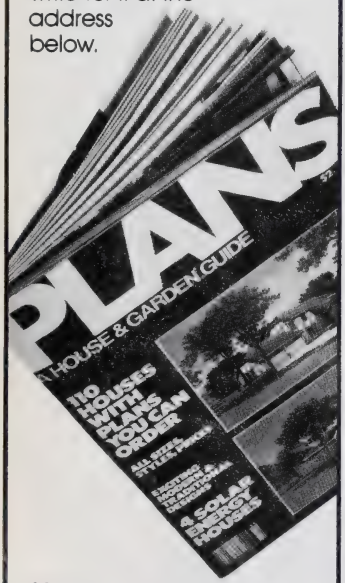
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PLANTS AROUND THE HOUSE

continued from page 62

ing. Yet *Neomarcia gracilis*, the twelve apostles plant, is a member of this family with both attributes. The fragrant white, blue, and brown flowers keep coming one after the other when specimens are grown as pot plants. Their floriferous nature counterbalances their only drawback, namely, the individual blossom's rather short duration. Keep the loamy soil constantly very moist, and both you and the plants will be happy.

Intensely aromatic white-to-pink waxy flowers erupt on the *Daphne odora* just when we need them most, during the dark winter months of January to March. Also known as the *winter daphne*, this fragrant harbinger of spring is a fast grower that likes its temperatures a bit cooler than your African violets. Keep the soil constantly moist to maximize flowers and fragrance.

The **gardenia** may well be the archetypal fragrant flower—but beware, it's fickle. What it needs without fail is good atmospheric humidity, full morning sun, temperatures of 70 degrees or less, lots of fresh air without any drafts, and an even soil moisture. Give your gardenias those conditions and they'll bloom beyond belief—and then refuse to do so again the following year even though the conditions remain exactly the same. Dependable the gardenia is not, but when the flowers come, all is forgiven. Use acid fertilizer on a regular basis and your chances of a good show are vastly improved.

Are things a bit dry around the house? Well, then, try the **Persian violet** (*Exacum affine*). It looks about as much like a real violet as the African one does. But, oh, that delicate fragrance. A profusely blooming perennial, the Persian violet is nevertheless usually grown as an annual from seed, starting in March for June-to-October blooms, because older plants tend to become scraggly. African violet soil works well for the *Exacum*, but let it become drier between waterings than other so-called violets.

Jasmine, like gardenias, may present some erratic difficulty for the average grower. For almost the same fragrance without pain try **sweet olive** (*Osmanthus fragrans*). The tiny white flowers are diminutive—but the jasminelike perfume is heady. Grow sweet olive on the cool side with constantly moist loamy soil, and this easiest of fragrant plants will exude its tantalizing aroma from November through May.

Sources for fragrant plants:
Epidendrum phoniceum:
Rod McLellan Co., 1450 El Camino Real, South San Francisco, Calif. 94080
Lycaste aromatica and all other fragrant plants:
Logee's Greenhouses, 55 North St., Danielson, Conn. 06239 ■

Fragrant orchids
continued from page 62

There's something a little perverse in growing a flower that smells like chocolate cake. Still, the orchid *Epidendrum phoeniceum*, with a dozen or so striking long-lasting flowers on a single raceme, is a visual delight as well as a fragrant oddity. The key to its success is to stop watering almost completely for a few months after the new leaves have matured. ■

DEAR HOUSE & GARDEN

continued from page 58

■ GALLERY GUIDE

I'd love to track down work by a certain modern artist—but all I have is the artist's name. Is there any quick way to find out what gallery represents him?
—B.R., Denver, Colo.

For the past 19 years, the Art Information Center, Inc. (189 Lexington Ave., New York, N.Y. 10016) has recorded the gallery affiliations of living, well-exhibited artists here and abroad. Directed by Betty Chamberlain—a volunteer, who saw a need and filled it—the center offers no brochure or publications, but if you send Ms. Chamberlain the name of the artist you're interested in, she'll check her file of 45,000 artists' names and—if the name you're inquiring about is among them—send you the name and address of the gallery that currently represents or shows the artist. For this service, all you need send is a self-addressed, stamped envelope with your request.

■ LIGHT IT RIGHT

My apartment kitchen has a fluorescent fixture. The light is hard on my eyes and gives food a purplish cast. Is there a bulb that will fit my fixture but give more pleasant light? —P.H., New York, N.Y.

Lighting designer Jim Nuckolls, author of the textbook *Interior Lighting for Environmental Designers* (Wiley-Interscience, $24), has these tips for improving flourescent lighting:

1. Choose color-improved ("deluxe") fluorescent bulbs. All major bulb makers market two models that fit most fixtures. A "warm white deluxe" or WWX bulb gives a pinkish light, a "cool white deluxe" or CWX bulb, a bluish light. Both of them reproduce colors with very little distortion.
2. The harshness of fluorescents is partially due to invisible flickering. To counteract this, use fixtures that take two or more bulbs.
3. For less glare, use a translucent shield over your bulbs. ■

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acts about one-rop glues

ow to install a dimmer, fix a uzzing fluorescent light, id improve kitchen storage

y Deanne Raffel

Will the instant bond super adhe-es do what they are supposed to do?

The so-called "instant bond super nesives" are supposed to glue two ces together by using one drop of nent to make a quick, almost instant nd. The question is are they capable doing as much work? In most cases, answer seems to be no. Originally mulated for industrial use for specific plications under strict production con-l, they never were intended to be nufactured for residential use. They y, sometimes, work to bond hard, rt, non-porous materials, but there are ards involved in using these products. the carded packages indicate, the nger of stuck-together fingers, glued lids, etc., is always present. Material nding may not be instant, but skin nding certainly is. If you do use one hese products, be sure to keep a bottle acetone or fingernail polish remover nediately at hand for overspills and ck fingers. Under no circumstances uld children or the uncoordinated be owed to use the above adhesives. Other safer adhesives such as the two-t epoxies (resin and catalyst system) l contact cement do most of the jobs one-drop cement is supposed to do. oxy and contact cement may have a ch longer set-up and curing time, but y usually are dependable and safe oducts to use. Packaging for both ad-ives contains detailed information for . Masking tape can be an excellent for "holding" while epoxy sets-up.

Can anyone install a wall dimmer tch?

There is no magic involved in in-ling a dimmer switch in the wall. It be done easily within a few minutes, n if you have no electrical experience all. Switches are manufactured for ee-way connections (one fixture con-led from two locations) and for fluo-cent lighting as well as for single tch incandescent bulbs. Before you p, be sure to measure the depth of switch wall box. (First turn off current, remove switch plate. Pull out switch from box.) This measurement is very important. Wall box sizes vary in depth as do dimmer depths. You need a unit that will be shallow enough to fit the box size in your wall.

Q How can I deal with a buzzing fluorescent fixture in the kitchen?

A A slight buzzing sound coming from a 6-foot or 8-foot fluorescent bulb is perfectly normal. However, the annoying buzzing in a fixture with lights 4 feet or less is caused by a faulty ballast which needs replacing. Several things must be determined before a new ballast can be purchased. How many tubes are in the fixture? How much wattage is used? Is the fixture a pre-heat unit (uses starters) or a rapid-start unit (no starters)? How many ballasts are in the fixture? (Usually, as a rule, for residential lighting, there is one ballast for every two tubes regardless of wattage.) Take a trip to an electrical supply house armed with the above information in order to obtain the correct ballast for your fixture.

To install the new ballast do as follows: 1. Turn off the power. 2. Remove the tubes, the cover, and then cut the wires leading to the old ballast. 3. Unscrew the old ballast and remove. 4. The diagram for wiring is printed on the new ballast and should be followed for hook-up. Directions do vary, so there is no set rule for connection.

Q Have you a simple solution for dealing with under-the-sink clutter?

A Often the sink cabinet is really not a cabinet at all but rather just a front that has been attached to the two adjacent cabinets or to the wall and a cabinet. In many instances, the floor area inside the space is actually the room floor. One way to organize the space is to add a cabinet floor, if there is none, plus a second shelf 16 inches above, so that bottles, dishwashing equipment, cleaning supplies, etc., can more easily be retrieved from under the sink. To make the job simple, 2-by-4s can serve as a support for the flooring material and shelf. Use plywood or composition board.

Take the measurements of the inside area, taking off half an inch from length and width. Then have the lumberyard cut necessary lumber. The assembly is a simple job that can be done in 15 minutes. You may need to drill pilot holes in for securing screws to supports but otherwise this is an uncomplicated job which greatly improves storage. ■

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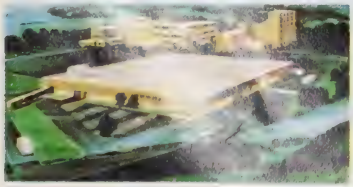


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HAPPY HOUSEKEEPER

Brightening a guest room, dulling brass, an ingenious use for old tie clips, and other helpful tips

By Mary Elizabeth Falter

Sachets under the pillows as well as in the bureau drawers are a nice touch for your guest room—along with the usual fresh flowers and selected light reading. Other thoughts: an optional night light, *two* pillows per bed (a soft one for sleeping and a firm one for sitting up to read), and a nightly carafe of ice water. And consider putting a statement on a table, which will tell your guest that the bedside lamp is also connected to the wall switch by the door (which can lead to confusion), that the shade on the window to the right behaves badly, where the extra blankets are, and which window is best to open at night. List any other pertinent facts, including the time coffee will be ready in the morning. Sometimes these things are forgotten in the flurry of greeting guests.

If you're a regular user of a two-part steamer, a steaming basket for vegetables, or a double boiler, you've probably had the nasty **experience of having the pot boil dry** and scorch. A friend tells me she keeps some marbles in the kitchen drawer and tosses them in with the water in the bottom of the pot. If the water begins to dry up, the marbles will rattle and attract her attention.

The perennial art museum and gallery visitor may find **an extra pair of glasses** helpful. Most people like to get an overall look at a picture and then move in closer for an inspection of the surface quality and detail. Unfortunately, this can produce a nasty crick in the neck from peering through the bottom half of bifocals. The cure is to have a special pair of glasses made with the lower or close correction *only*. Good for needlepoint and watching mini-TV, too.

The General Electric company has produced a new, **flat-hinged wall plug,** called the "GE Wall Hugger 3-Way Tap," with three outlets, making it possible to use in many places where the conventional one won't fit. Only half-an-has a hinged pronged portion so the plug folds flat and holds the cords against the wall, so they can't be pulled loose. The hinges also make it adaptable for use on medicine cabinet outlets and other difficult spots. The overall thickness, when folded flat, is no deeper than the average baseboard.

If you have any decorative gold or silver **tie clips** from another era (the usual was about an inch-and-a-half long), take it to a jeweler and have him attach a sturdy key ring. Then you can clip your keys to the mirror pocket of your handbag and not have to dive to the bottom to retrieve them. Clips can often be found in antique jewelry shops.

More antiquing: Some antique book and print shops carry stacks of old **newspapers dating back to the early and mid-eighties.** Because they were printed on fine rag paper, they stay remarkably well-preserved, and are both interesting and decorative. Usually not very expensive, they make amusing presents rolled and wrapped in cellophane and fastened with a red ribbon and maybe even a spot of sealing wax. Wonderful old valentines are to be found in the same places and the young—and even the not-so-young—adore them.

Flowers look pretty in glass containers, but it's difficult to anchor the stems without having an ugly flower-frog show as plainly as the flowers. To find **a prettier way to arrange flowers,** visit a shell shop and look for a piece of white coral, some shells, or even some interesting pebbles and rocks to use in place of a frog. Some craft and gift shops sell glass marbles encased in mesh to use as an adjustable frog, but these work best and look nicer if they are emptied out of the mesh. Beachcoming may yield some new ideas for you.

One way to **keep an egg from cracking** when you're boiling it is to dip a ladle into boiling water, put the egg in the ladle, and lower gently into water. If you have the patience, it's also a good way to poach an egg. Just add a few drops of vinegar to the water in the ladle, break the eggshell, add the broken egg and lower it into the pot without getting any more water into the ladle. Rotate it gently until the egg is set and it will come out looking like the fanciest poached egg that Room Service can deliver.

We may spend much time and effort polishing our brass candlesticks and teapots only to have a **brass object that is too shiny.** Replacement doorknobs, for instance, or new hinges and other brass hardware that stand out from their neighbors and look obvious. To tone them down so they blend into the overall effect, get a small paintbrush and some white vinegar and paint an even coat of vinegar over the offending brass every day for three days. The bright gleam will soften—an old cabinetmaker's trick. ■

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ACTION LIVING, DECORATING *ON THE MOVE*

As we confront the last year of a hectic decade, there seems to be a new surge of energy in the air. American technology continues to astonish us with discoveries for making life easier at home (see page 96). The rush to good health shows no sign of slowing down. The incidence of cardiovascular disease fell by 16 percent from 1970 to 1976). New civilizations are opening up just when we thought ours was shrinking—from the exciting new archeological finds in Africa to the newly accessible society of China. And our ideas about how we should live are moving into freer and less charted waters than ever before—what could be more invigorating than that?

Trend-guessing is a risky exercise, but spotting decorating trends is likely to be useful to House & Garden readers, since what the designers say today may well see the light of day in your living room next month. So here is a roundup of their crystal-gazing:

"Decorating is going to two extremes at one time: Some people want more clutter, which comes from a strong Victorian and Edwardian influence, while others want complete simplicity. You'll find a less formal approach to decorating with more emphasis on comfort." **Arthur Smith**

"Individuality is the keynote. Rooms will have a more romantic feeling, with an emphasis on softness and easiness. A lot more attention will be paid to controlling the lighting. People want lighting that can be changed, using, for instance, rheostats, to tone down or lift up lighting according to mood or activity." **Bill Hodgins**

"We'll be doing more with ceilings—up till now an ignored area. In modern apartments there's little wall space and lots of ceiling. Watch for small patterns on the ceiling, or small borders along the ceiling edge that are unrelated to the wall covering. Or small patterned wallpaper for the ceiling or sprig work with a bold ceiling paper." **Robert Denning**

"People are moving toward a more pragmatic approach. The room must *work* first. But there will still be areas for frivolity—we like lace, for example using an antique lace collection in the sitting room." **Lucretia Robertson and Donna Lang**

"There'll be more soft lilacs, dusty roses, beiges, feminine colors used with one sharper color—It's really a new look." **Georgina Fairholme**

"We are witnessing a softening of the militant 60s, both in terms of decorating (away from the hard chrome look), and in our social and economic environment. Rooms will be softer in nature, but more practical and less frivolous. **Jay Spectre**

"Young people are becoming more and more interested in crafts—knitting curtains, weaving rugs—to make their homes reflect *them.* That's the look we'll see more of—homes that reflect our personalities." **Mario Buatta**

"Furniture will be even simpler, because so much more is going on at home these days—you may see a room that has one of those giant Advent TV screens, a working fireplace, a disco dancing area and a place to eat. With all that happening, what's better than one enormous banquette, one enormous table, and two enormous ottomans?" **Tom Britt**

"Care in planning will become more essential. Rooms will have alternate floor plans so you can, for instance, move the chairs nearer the windows in summer for the view. This needs planning ahead so that electrical outlets, for example, are in the right places for the changeover. It will make designing rooms more like choreography." **Joseph Braswell**

"Applied decoration will return on contemporary furniture, echoing the return to the Beaux Arts in architecture—enhanced by lack of clutter. One or two important accessories are worth more than a carload of mediocrity." **John Dickinson**

"A new kind of bedroom no longer looks like a bedroom but takes on the abstract air of any other room in the house. Rooms no longer have to be specific or show their utilitarian purpose." **Mary McFadden**

"More opulent interiors are coming—not fussy, but spare, rich and romantic colors put together in diverse ways to create a personal fantasy world." **Harry Schule and Ned Marshall**



THE PERSONAL PLEASURE OF DECORATING

The whole idea of decorating today is rooms that express your interests and create a place for everything you like to do. It's a liberating, break-the-rules approach: no dos, no don'ts, no what-goes-with-what. Just decorating that tells the world who you are. To show what we mean, four people who have done just that, starting here.



"A really good kitchen has nothing to hide"

A GARAGE BECOMES A KITCHEN

"Go natural in the kitchen," advises Judith Olney, who turned garage into kitchen using butcher block, herb bouquets, molds, tables, and hutches so everything shows. For more, see Wine & Food.

KAREN RADKAI

PERSONAL DECORATING

RULE-BREAKING MAKEOVER



"Decorating should always be original—because you are"



FABRIC, TEXTURE, AND COLOR

in the hands of an interior designer who designs her own rooms can, like paint in the hands of a painter who paints a self-portrait, reflect personality. And if you doubt it, try to imagine the owner-creator of this dining room as anything but carefree, vibrant, and innovative. When Whitney Backlar and her husband Marshal bought their stucco beach house in Venice, Calif., their plan was to fix it up and rent it out. They started from scratch, rebuilding with recycled wood and stripping off 50 years' worth of accumulated paint. As the work progressed they fell in love with the house and decided to move in themselves. It was the beginning of a new lifestyle: Rooms filled up with canvas furniture and all the colors of the sand and sea outside.

Left: In the dining room, yards and yards of blue chintz generously draped over the walls and ceiling, and torn to open up windows. On the table, shells which will nurture a caviar mousse. *Near right:* Whitney Backlar. *Right:* Water-lily centerpiece. *Right insert:* The stucco house zipped up by a blue coat of paint.

ELYSE LEWIN







Because life at the beach is casual and tends toward the outdoors, Mrs. Backlar filled the living room with natural materials. She used wood from an old garage to panel one whole wall, and, sensing that the original builder had something special in mind when he built the big fireplace, she stripped it to uncover the flagstone mantel. A sand-colored sisal rug was laid and all the furniture, which Mrs. Backlar designed, was loosely covered with durable artist canvas. "Furniture should be designed so that when you sit down your feet can go up," says Mrs. Backlar, who arranged her two chaises and swivel chairs at foot's length from a coffee table: It may look fabric-covered, but it's fiberglass —and a sturdy foot rest.

Far left: On living room's mantel, a turtle shell from King Neptune. *Left:* Mrs. Backlar in her hot tub. *Below:* Entryway with bench by Peggy Dunn; beach basket, with binoculars, football, and kite inside.

The softer the edges, the more comfortable the room"







RULE-BREAKING MAKEOVER











"A deck can be lived in like an extra room"

After they had lived in their beach house for 1½ years, the Backlars added the trellised redwood-slatted deck off the dining room. "We needed an extra room and thought, why not have an outdoor room since we're right on the beach?" The new room got a fiberglass table and chairs cushioned with blue nylon, the same color as the house, built-in benches, and a hot tub in its own tropical setting. Beyond its rocky shore are banana trees, palm trees, ferns, and flowering fuchsia, orchids, and begonias. After work (he's a television executive), she does her isometrics on the deck, he runs along the beach—and then they relax in the hot tub in 102° bliss.

Left and below: New outdoor room and hot tub. *Opposite page top:* Inside, in the den, one of Mrs. Backlar's sofas and a glass-topped garbage can table. *Opposite page center and bottom:* The master bedroom with plaid sheets for the bed, windows, and chair. Bedside table's jars from Michael Srednick. *Above insert:* Mrs. Backlar in her design office at home. Her furniture is sold at Soleil in Los Angeles.

SIMPLICITY MEETS FORMALITY

By Paul Goldberger

The shoemaker's children may be allowed to go barefoot, but I'm not sure that architecture critics have a similar dispensation in terms of their living quarters. People seem to expect that those of us who cover the fields of architecture and design will have houses that are virtual showrooms of the best of what we write about, and after a while, we can start believing that, too. But I have never been entirely comfortable with the idea of living in an environment of perfect objects, perfectly arranged —much as I admire a great deal of the work I write about, I tend to be more comfortable with the idea of my own house as a place that is in process, not a place that is a pure and perfect finished product. What a critic writes about as significant may not be what he wants to live in himself, and I've always felt it was important to keep this distinction in mind. The old cliché—"it's spectacular to look at, but would you want to *live* there?"—wasn't really so far off base, and there are times when I feel it expresses my thoughts exactly.

On the other hand, no one whose life revolves around design is going to be happy in an ordinary space, and when the time came not long ago to seek new quarters I looked all over New York, determined not to end up in a conventional apartment. I found most New York apartments boring, either because of the dreary architecture of their outsides or because of the *(Continued on page 84)*







NORMAN M





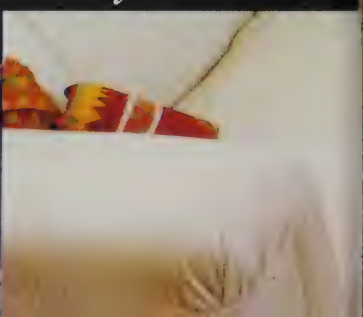
Top, insert: From the Dakota's mahogany-paneled corridor, the apartment's modern white entrance area is deliberately designed in dramatic contrast. *Below:* Plan of the apartment. *Bottom insert:* Façade of the landmark building. *Right:* Paul Goldberger at work in the study area. *Far right, top; right insert; opposite page insert:* In the living room, Paul Goldberger's personal mix—sectional sofa set on the diagonal, Aalto table, Victorian desk and modern Italian chairs.



"The satisfaction is in creating your own environment from what's already there"







PERSONAL DECORATING

APARTMENT REBORN



APARTMENT REBORN

unimaginative, cramped space they offered inside. I considered going downtown and renovating a loft, but before I had the chance to get serious about that, the perfect thing appeared—three rooms in the Dakota, the great 1884 building by Henry Janeway Hardenbergh on Central Park West. Like most New Yorkers, I had always loved the building; my only problem with it was that it seemed almost *too* right for someone in my business, and I wondered if my living there would suggest that I lacked the imagination to make a fresh choice—sort of like a music critic who, when asked what his favorite music is, chooses Beethoven's Fifth Symphony. But then again, I reasoned, even if it is known to everyone, Beethoven's Fifth *is* the greatest of its kind. And so with the Dakota.

The apartment itself, however, had its share of problems. The layout was faintly ridiculous — a cramped entrance hall, a large kitchen and pantry complex just ahead of the front door, and a living room flanking the kitchen to the right and a bedroom flanking it to the left. It was in rather wretched condition, and the floor plan, with the kitchen in the center, seemed at first

Continued on page 176

Right and below: Newly created eat-in kitchen, now the centerpiece of the apartment, has an island designed by Paul Segal to hide kitchen clutter. *Opposite page top, bottom left and right:* The bedroom/study. Overhead beam conceals indirect lighting and subtly suggests separation of the two areas.



"There's a tendency to fill our rooms with things we admire more than with things we like. The ideal is to do both"







KAREN RADKAI



"Behind every attractive room there should be a very good reason"



HORST





A ROOM THAT EVOLVES



NGING

sonalities—and for
om. The ving room, which
to designer Mrs. Henry Parish II,
a marvelous setting for
ertaining, opposite page, top. Later,
for further glamour at night, Mrs.
Parish exchanged the linen rug and
cotton curtains for a needlework rug
and taffeta curtains; dressed the
French chairs in chintz; and let the
ceiling shimmer with golden tea paper
squares, opposite page, bottom. Then,
last year, Mrs. Parish wanted an
English sitting room. Off came the vinyl
wallpaper and taffeta curtains, replaced
by moiré, above—but everything else
remained the same. "My taste didn't
change; my needs did."



Flowers by the barrel

For porches, terraces, even a rooftop, a garden in containers gives nonstop color you can grow from seed



If you have a bare spot where you wish you had a garden, take heart from the miracle two young renters achieved on a roof in New York. Tom Pouch and Jerry Schwam, *left*, started the garden one lustery winter day. They fixed-up ome boxes and furniture they had ound on the roof, then cut in half 55-allon metal drums they had salvaged. hey built a trellis to enclose the garden rea and painted everything cottage red o blend with the building's bricks and le paving, *below*. To create partitions nd private nooks for breakfast coffee



nd twilight drinks, the boxes and bar-ls were lined up as flower borders. eeds were ordered from catalogues nd then one sunny day in early spring, om and Jerry rented a van—"cheaper an having things delivered in the ty"—and traveled to country garden nters to buy 50-pound bags of pot-ng soil, gravel for drainage, fertilizer, nd other supplies. Expenses came about $400, not counting the labor love. Soon the word spread: "Have ou seen the roof?" "What roof?" "Go e." Tenants who had merely nodded the elevator began speaking. Gift nvelopes marked "Roof" were handed the doorman, making it possible to y roses and shrubs. Tenants even ntributed melon rinds and vegetable rapings to the tidy compost bin in a rner. "What these young men have ne for us," a retired woman execu-ve said, "is something landlords are t likely to do because of labor costs. e have flowers to enjoy in spring, mmer, and fall—but not to pick, or would spoil the pleasure for all. We ve a park we can go into without en stepping into the street. We have country place at home." More about w Tom and Jerry maintain the gar-n and how they are now designing rdens for others, on page 171.



Showy annuals are the mainstay, barrels of them. Started from seed after frost, they add splashes of bright color all through summer and well into fall. Favorite marigold varieties here are Climax and Sunset Giants. The zinnias are Bouquet hybrids, Firecracker, Persian carpet. Dense stands of self-seeding cosmos include Sensation, Klondyke. Along the edges of the containers are cascading white petunias flecked with sweet alyssum, blue browallia and ageratum, Blaze verbena, torenia, impatiens (all best nursery-grown). Plants are set very close together to make the most of every precious inch of soil.



Vines planted in containers and supported on trellises can provide a quick hedge to give privacy, buffer the wind, create a soft leafy-green background. Vines provide beautiful flowers, too. Here, morning glories open at breakfast time and fragrant white moon flowers unfurl each evening. Lush scarlet runner beans are covered with little flowers and long beans good enough to eat. These three are grown from seed. Others winter over: sweet-smelling Hall's honeysuckle, silver-lace (Polygonum Aubertii) with sprays of white flowers, wisteria growing against the brick, and clematis with flower heads in the sun, feet in the shade of lower plants, just as it likes to be.



Roses and perennials add spice, along with flowering shrubs. Favorite roses here are pink Betty Pryor and Queen Elizabeth, yellow New Day, red Merci trained as standards. In spring after tulips and daffodils have bloomed, basket-of-gold and sedums add color. In summer, perennial Canterbury-bells, dianthus, daylilies, gaillardia, bee-balm, hosta, and phlox fill in among the annuals. Field flowers adopted for city living are daisies, black-eyed Susans, loosestrife, and sunflowers—beautiful and free. Shrubs and small trees give extra height, variety: forsythia, cherry, lilac, quince, deutzia, rhododendron, summer-blooming butterfly-bush (Buddleia), rose-of-Sharon.

What it takes to get off the ground



SCHWARM

Boxes, barrels, almost anything will do. Annuals need at least 8 inches depth; perennials, 16 inches; shrubs and trees, 18 or more. Elevate containers on small wood blocks for air and moisture circulation. Half-inch drainage holes can be made with a high-speed drill. These barrels were cut with a saber saw fitted with a metal-cutting blade. Barrels were rinsed with a strong detergent and painted inside and out, like the boxes, with an exterior oil-base primer. Possible container sources: commercial barrel and planter firms, scrap metal dealers, shippers.

Trellises for partitions and privacy can be attached to 2-by-2 supports anchored in soil and stones in barrels, boxes, or cinder blocks. This gale-proof trellis is made of quarter-inch lath strips joined at each overlap with silicone glue and tiny nails. Low trellis set at the back of boxes along the parapet extends a foot above the wall.

Enriched potting soil or garden loam is a must. To two parts soil, mix one part sphagnum peat, by volume not weight. Enrich with bone meal, dried cow manure, 5-10-5 fertilizer according to directions; add compost if available. Mix large portions on a drop cloth for neatness. Spread the soil over 1-2 inches of gravel, leaving 2-inches below box rim for easy watering. Water almost daily and fertilize every 2-3 weeks to keep plants strong.



SURPRISE VISITORS

This garden has been discovered by all sorts of wild things. About 10 varieties of butterflies were seen, including swallowtails, painted ladies, and monarchs. Finches, hummingbirds, flickers, mockingbirds, even a kestrel came to visit—and along with ladybugs and praying mantis, helped keep garden pests under control. Bees buzz, and at night the strum of crickets and katydids muffles the city's noise.

MORE SPACE THAN MONEY

The big little house

Ready-to-buy, energy-conscious house that answers today's family needs



A big red front door enlivens the [illegible] and "Cedarbluff" house manufactured by Boise Cascade's Kingsberry Homes.



Behind a private façade, a wonderful surprise: You walk through a flat-ceilinged entry hall, then space soars in a two-story skylit living room that unfolds into a greenhouse. More surprises: The house comes on a truck in ready-made panels, offers a variety of options, has a remarkably reasonable price. To the living room, *above and right*, designer Robert K. Lewis added a sense of comfort with soft modular furniture from Henredon. Paintings: Over sofa, by Jane Freilicher; over desk, by Warren Brandt. Mid-State Tile floor. LouverDrape blinds.

More space than money

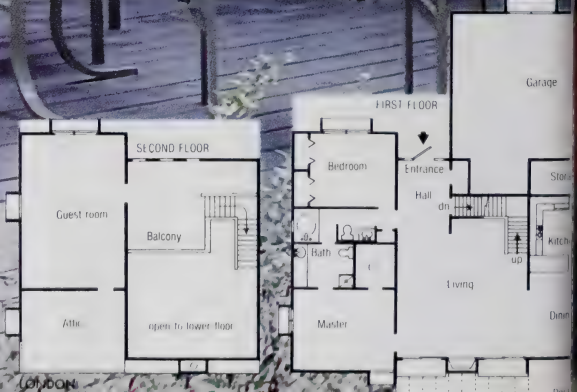
A variety of living areas all centere around a two-story, energy-conscio living room let you live big in 2,20 square feet. This particular house w built in Pennsylvania by Tahoe Hom —but the same Kingsberry Home Cedarbluff model can be seen in 6 other locations across the countr Some may have different features, b that's part of the beauty of a desig that provides for options to accomm date different living needs. To acce tuate the feeling of spaciousness in th living room, designer Robert K. Lew painted the whole space white, use vertical blinds, and placed an ey catching quilt on the wall halfway u the stairs. The room is lit from abo with track lighting—no need to wor about wall plugs and cords—and mo light rushes in through the greenhous a special feature in this house. T greenhouse's natural heat-collectin plus extra roof insulation, make t whole house energy-conscious. F more about these energy-saving fe tures, see page 60. For costs, buildi facts, and shopping information, s page 140.

Left and opposite page top: On the terrace, Meadowcraft furniture. Greenhouse from English Greenhouse. Wood exterior stained with Olympic Stain. Celotex shingles.

Opposite page: Overlooking the living room, a loft-balcony. Henredon furnitur Paint, Pittsburgh Paints. Milliken carpeting of Acrilan. Needlework pillows and rug from Woolworks.

Below: Two-level, wide-open action plan

WILLIAM P. STEE





Wide-open planning, two-level living, plus greenhouse and deck



IDEA Wood siding that fits naturally into the wooded site. Above the front door, three energy-conscious windows with fixed glass panes

IDEA Small dining room opened up by a big glass-topped table



1



3

IDEA Pot rack for herbs; counter to separate cooking, eating area

2



4



IDEA Two-story skylit living room with private mezzanine sitting area

Nine living areas that open up, out, and into each other, with comfort based on easy new furniture

IDEA Easy-care tiled foyer



While the living room is the true heart of the house, there are eight additional spaces for living, each decorated with big, comfortable furniture covered in durable fabrics. To set the two bedrooms and the media-guest room apart from the all-white living room, designer Robert K. Lewis filled them with color and used carpeting to contrast with the tile that paves the rest of the house and even runs out the front door. "These rooms, unlike the sleek modern living room, are cocoons of color and texture," says Mr. Lewis who wrapped the walls of the media-guest room in terra cotta to complement the dark-stained bookcases which look built-in, but aren't. The chairs are covered with suede; the loveseats, one of which works overtime as a guest bed, with wool. In the master bedroom, texture turns up in Belgian linen bedclothes, quilts, and rag runners; and, in the second bedroom, where the daybed works for sleeping or sitting, there's texture in canvas and handwoven cotton.



IDEA Big comfortable furniture for TV gazing . . .



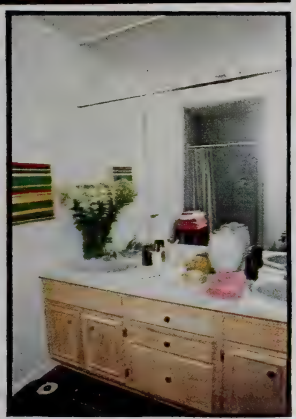
5

. . . also works for overnight guests



IDEA Dark green, cozy master bedroom to contrast with the modern white living roo







6



WILLIAM P. STEELE

1 Living room quilts from Kelter Malcé; China Seas pillow fabric. All furniture, Henredon. All paint, Pittsburgh Paints.
2 The loft-balcony.
3 The dining room. Painting by Larry Zox.
4 The kitchen, with oak cabinets by Rich Craft; Frigidaire appliances; Wilton Armetale cookware.
5 Upstairs, in the media-guest room, General Electric's Home Television Theater. Thomaston Mills' "Sassy Stripe" sheets. Quilt from America Hurrah Antiques. Etching by Richard Smith.
6 In the master bedroom, runners from Thos. K. Woodard.
7 and 8 Two downstairs bathrooms. Mid-State Tile floors and walls. Kohler fixtures. Cannon towels. Skymaster Skylights bubble window.
9 Second bedroom daybed, Avery Boardman. Milliken carpet of Trevira. Design Imports fabric for throw, pillows.
Opposite page bottom left: Foler hutch from The French Country Store; stoneware by John Copper, John Thompson Designs.



By
Ruth Miller
Fitzgibbons

The Space Ag

In the short span of one generation, technology has taken on new meaning and importance in our lives. It is equated with the blinking lights of the computer, the digital magic of the calculator, the supersonic speed of the Concorde, and many other remarkable space-age spin-offs. A friend of mine saw the movie *Rocky* six times, twice in the theatre, four times at home. My friend and thousands like him in major cities across the country are subscribers to Home Box Office, a service that delivers current, first-rate films to the comforts of home. Home Box Office and many other media services utilize communication satellites —solar-power spacecraft that transmit audio-visual signals from one remote earth station to another. The capability of satellite communications has only begun to be tapped, and as cost factors of launching satellites are reduced, many more—with literally thousands of new channels—are likely to be launched. Jim McKenna, Senior Information Officer at COMSAT (Communications Satellite Corporation) in Washington, D.C., explains: "Today we are limited in what we can put in space by our current rocket launch capability. As that capability increases, more satellites will be launched. In addition, the number of potential channels is increasing as our technology for powering the station improves."

Innovative broadcasters will certainly look beyond the situation comedy for programming ideas. It may be possible to learn French, "explore" ancient Egypt, view masterworks of arts, or enjoy a steady stream of *La Boheme*. Some futurists have even predicted a totally television-oriented system of mass education, administered via satellite, in the home. Already communications satellites are delivering vital teachings to underdeveloped cultures and medical assistance to remote rural areas. Communications satellites have also been instrumental in improving—as well as lowering the cost of—world-wide telephone connections, shrinking the span of our globe at an ever-increasing rate.

THE WIZARDRY OF ELECTRONICS

But communications needn't hinge entirely on satellites. The science of electronics has done more to enhance communications than the first television

FOUR MOON-TO-EARTH IDEAS FOR YOU NO

Space blanket in your windo

Astronauts and arctic explorer use space blankets to conserve body heat, but they can do a lo of energy saving at home, too. These lightweight aluminized plastic film sheets make terrifi insulation, preventing heat los in rooms. Try them under rugs or put them up as linings to curtains. Thermos Blanket 80 by 54 inches, about $8.95.

Pocket pen silent alarm

Developed by NASA for a school security system, this pen-size alarm is a safety idea for apartments—cheaper than closed circuit TV. Trigger the pen and it sends ultrasonic pulses to a receiver, which relays the signal to a control console. Scan, $30 approx., by Sentry Products.

Foot alert

Under-the-ground seismic tremor detector used on the moon can pick up intruders' footsteps in garden and relay signal to house. Developed by Tech Utilization Office, NASA Aims Research Center.

Sunshine meter

A solar cell in a meter is an energy thermometer for your house. Measure intensity of solar radiatic for installing solar collectors and calculates heat loss through glass. $51.50 ppd. from Dodge Products, Box 19781, Houston, Tex. 77024.

dp
SOLAR METER
Mod 776
DODGE PRODUCTS
Houston Texas

Comes Home

TECHNOLOGY THAT GOT MEN ON THE MOON IS BRINGING DOWN-TO-EARTH BENEFITS IN HOME SECURITY, INSULATION IDEAS, LIGHTING INVENTIONS AND OTHER TECHNIQUES FOR LIVING EASIER

viewers would have dreamed possible. NASA did not invent electronics. But most experts agree that the space program forced the electronic industry into a quantum leap forward. And the reason is simple. Robin Snelson, Science Editor of *Future* magazine, explains: "For NASA to develop electronics effective enough to work in space, yet lightweight and compact enough to get off the planet, they had to allocate huge sums of money to the study of *micro*-electronics. The big breakthrough was the tiny 'chip'—a piece of silicon substrate the size of your thumbnail or smaller, on which thousands of miniature electronic circuits are located." The refinement of the "chip" is what has caused calculators to diminish in size from that of a radio to a thin wallet, and in price from over $1,000 to less than $10.

The micro-miniaturization of electronic components has created a market that seems limitless in scope. The American Express Christmas catalogue featured a color spread of gifts labeled "Technology" along with items for the disco and the spa. Among them were a mini-computer that reveals an ancient Chinese theory of predicting the future, a clock that computes and displays biorhythm data, and the "Alpha-Numeric Brain," a calculator that stores names, addresses, and phone numbers along with numerical data.

According to Charles Lecht, head of Advanced Computer Techniques Corp., we are seeing only the tip of the electronics iceberg. In his own home, Mr. Lecht employs a small computer for the processing of family bills and the preparation of tax data. Freely, he admits that he believes "there is nothing man can do that cannot be done better by machine."

Mr. Lecht looks ahead to a time when many tasks around the house will be subject to automation. Right now, robots at Citicorp headquarters in New York "sniff" along the corridors delivering mail in the wake of a substance that is sprayed on the carpet. Why, he asks, can't a vacuum cleaner be programmed to do the same thing? Mr. Lecht also imagines our familiar locks and keys being replaced by computerized security systems that operate by voice recognition. "Hi, I'm Charlie Lecht," he demonstrates, "and the password today is Blue Skies . . . If I'm wrong, I don't get in. It's as simple as that."

ENERGY FROM THE SUN

Whether we believe there is an energy crisis or not, most of us are alert to the fact that we, Americans, are the fuel-guzzlers of the world. One potential power source that is both puzzling and promising is a direct off-shoot of the space program—solar cells. Solar cell, or "photovoltaic conversion," is the process of converting the sun's rays into electricity. Photovoltaics powered the Viking Probe to its historic landing on Mars, and they provide energy for our orbiting satellites. The Department of Energy has an active program studying photovoltaic conversion. The photovoltaic cell is made up of purified silicon, an abundant but costly earth resource. According to Dr. Morton B. Prince, Program Manager, Photovoltaics, at the Department of Energy, one kilogram of silicon costs $65. Moreover, as there is no technique for mass-producing the cells, only a handful of firms are engaged in small scale production. The energy output of a solar cell "array" is measured in terms of "peak watts"—or the maximum energy generated on a clear day at noon. Right now a peak watt costs from $10 to $30. The Department of Energy hopes to get that figure down to 50¢ by 1986. At present, there is a prototype array powering a pumping/irrigation system in Nebraska, and the DOE hopes to install a solar cell system next year that will provide heat and electricity to a community college in Arkansas.

In the meantime, solar cells are already performing important tasks. They provide information about the sun that allows other energy conservation devices to function more effectively. For instance, a solar cell is the basis of a product developed by Dodge Products, Inc., of Houston, Tex., that detects and measures the amount of the sun's radiation—potential energy—at a particular building site. This information helps builders and architects devise optimum plans for solar heating and cooling systems.

The General Drapery Services Company utilizes solar cells to control a motorized exterior drapery designed to conserve energy expenditures in large buildings. The solar cell reacts to the various positions of the sun, thereby "instructing" the motorized roller to raise or lower the drapery.

Mr. Lecht, the computer expert, has a similar system in his Manhattan apartment, which has a greenhouse adjacent to the main living space. Having spent one winter "in a bathing suit" because of the heat transferred through the unprotected glass, Mr. Lecht installed a motorized awning that is tied into a solar cell *and* his home computer. When the heat reaches a predetermined level, a solar cell thermostat trips a signal to the computer. The computer then reads a set of thermometers around the apartment to get an accurate picture of the temperature overall. It then determines whether to move up or down, and to what degree.

Another proposal for harnessing solar power is an orbiting satellite power station that would collect and beam the sun's rays to earth in the form of microwaves, which would in turn be converted to electricity. The idea was formulated by Dr. Peter Glaser 10 years ago. A $15 million, three-year program has been established by the DOE in conjunction with NASA to study the concept. The "powersat" would be a structure several miles in length and width, presumably launched by the shuttle into "synchronous orbit" (above the same location on earth) some 22,000 miles high. The satellite would receive sunlight almost continuously. The electricity produced would be converted to microwave, beamed down to large "antenna farms" on earth, where the microwaves would be reconverted to electricity, and then fed into existing power lines. It is estimated that one power station could provide enough electricity for all of New York City. By 1980, the researchers should have gathered enough data to make an educated guess at powersat's feasibility.

SPIN-OFFS IN THE HOME

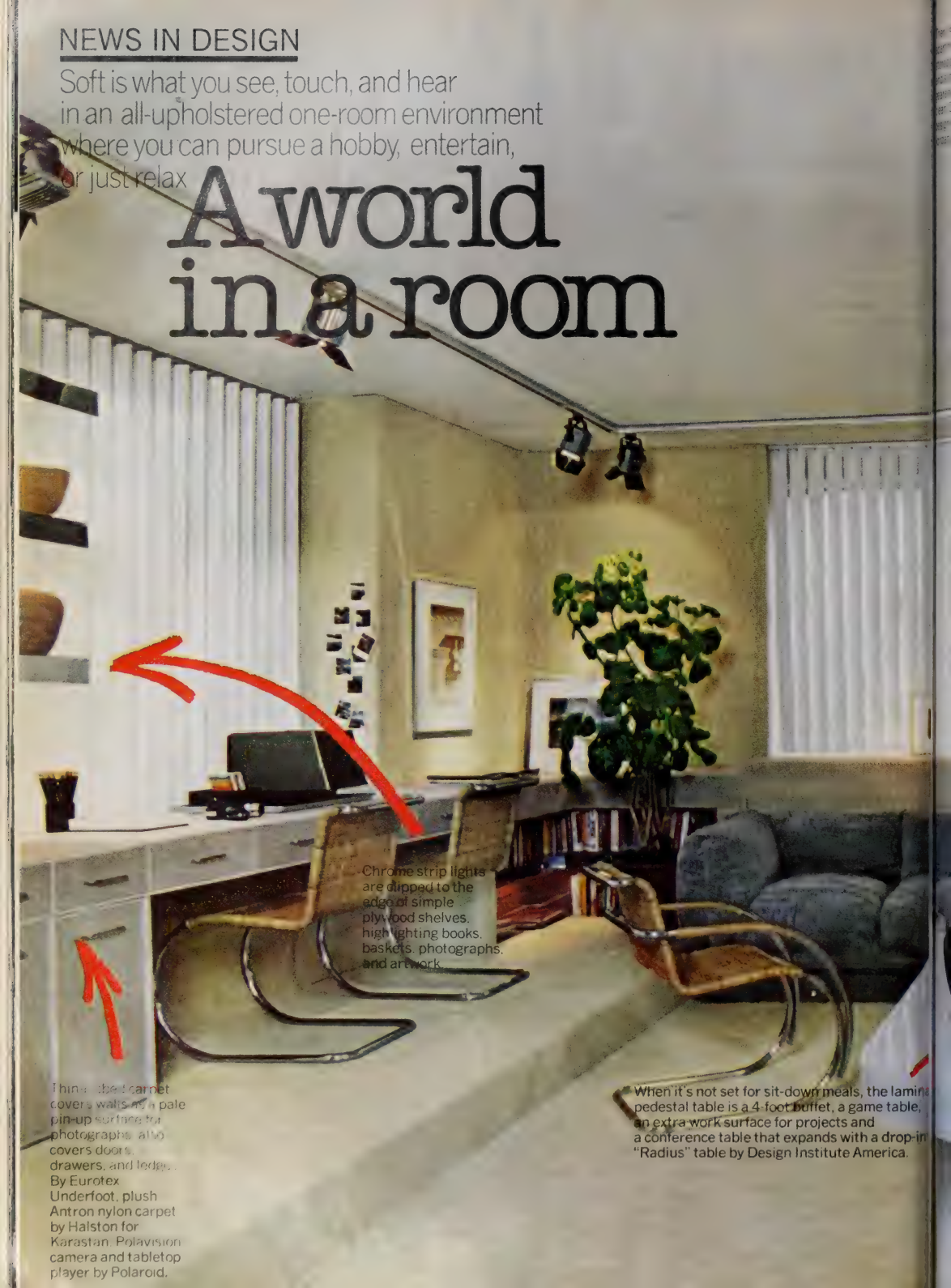
"Think of the most pleasant environment you can imagine being in," instructs Danforth Toan, an architect with Warner, Burns, Toan & Lunde, who were commissioned in the late 60s to study the habitability of spacecraft. A beautiful beach in Maui? The Museum of Modern Art? "Now imagine staying there for four hours." So far, so good. "Now, how about four *days* . . . or four *months* . . . or four *years?*"

Mr. Toan uses this mental exercise to illustrate the concept of prolonged habitability, and the difficulties it poses on people required to live in contained

Continued on page 136

Soft is what you see, touch, and hear in an all-upholstered one-room environment where you can pursue a hobby, entertain, or just relax

A world in a room



Chrome strip lights are clipped to the edge of simple plywood shelves, highlighting books, baskets, photographs, and artwork.

Thin cork carpet covers walls as a pale pin-up surface for photographs; also covers doors, drawers, and ledges. By Eurotex Underfoot, plush Antron nylon carpet by Halston for Karastan. Polavision camera and tabletop player by Polaroid.

When it's not set for sit-down meals, the laminate pedestal table is a 4-foot buffet, a game table, an extra work surface for projects and a conference table that expands with a drop-in "Radius" table by Design Institute America.

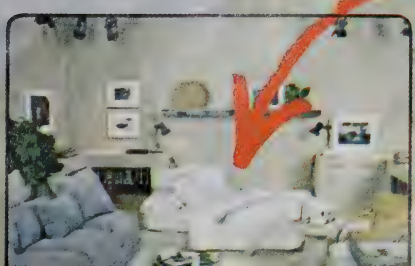
here's 20 square feet of wide-open living in this one-room partment—and it seems even larger. Platforms and built-in torage make the most of limited floor space; all-over carpet nd soft-toned colors tie the room together. Everything's eared for easy living—what can't be vacuumed washes ean. Double-duty furniture rearranges with ease. Room esign by Patino/Wolf Associates. See this room at ordan Marsh, Boston. For details, see Shopping Information.



Vertical blinds filter the daylight; track lights the spotlight at night. LouverDrape blinds. Track fixtures from Lightolier by Swivelier. Photographs, Light Gallery.



At mealtime, the table pulls over to sectional seating, which serves as a dining banquette. Rattan side chairs slide across the carpet on cantilevered curves of chrome. Sectional seating and mattress covered with durable, stain-resistant velvet of Herculon. Chairs and sectional by Selig.



Mattress takes cover as seating by day, turns into a full-size sleeping spot at night. Stone-like spool table becomes a bedside TV stand. Magnavox TV

KAREN RADKAI

DESIGN NEWS FROM ITALY

12 new chairs that work for you in more ways than one



Molded to fold

1 High-backed, slatted chair of molded plastic adjusts three ways from lounging to upright and folds flat for storage. From Fanini Fain.

When it comes to seating, the latest word is *vasto*, as in **2** and **3,**





folding double chair in green-and-white striped canvas on a wooden frame. From Creare. **4** Plump two-seater chair, removable canvas covers patched in leather. Designer Italo Meroni, Cinova. **5** Wave Chair by Saporiti covered in pinky-beige perforated suede on a black metal frame. Designer, Giovanni Olfredi. **6** High-backed, armless chair, three pillows wide, in white-on-white canvas. Designers Gigi and Pepe Tanzi for Biesse. **7** Sky blue parachute cotton covers over down cushions cannily sewn to prevent feather shift. "Concordia," designers De Pas, D'Urbino, Lomazzi for Zanotta. **8** White canvas chair "Aria" stands on pale wood legs. Designers Citterio and Nava for Flexform.

News: Double comfort in chairs for two











DAVID MASSEY

News: Deck chairs with winter coats

9 Beneath this plump lavender façade hides a canvas folding campaign chair, which you can also dress in a tailored blue outfit, **10**, by simply pulling on a slimmer cotton slipcover. **11** Adjustable folding high-backed canvas lounge chair camouflaged by a softly padded turquoise cotton cover. "Ciripa," "D'Essai," and "Bambina," all designed by Lucchino Oltrona Visconti for Barnaba Visconti.







Classic now

12 The classic tubular steel frame chair, upholstered in canvas, designed by Le Corbusier. Manufactured for the first time, and in the six colors taken from master architect Le Corbusier's palette. "Le Corbusier," by Cassina.



The café chair at home

13 Inspired by an old wooden folding chair found in a flea market, this slatted Parisian café chair has been updated with reinforced steel strips, covered in leather on a painted steel frame. "Celestina" designed by Zanuso for Zanotta.



Furniture to grow on

14 For children, a knock-down furniture system of molded plastic sections in bright colors, fastened by big red reinforced plastic screws. Designers Matsukase, Parmiani, Cifarelli, De Lucchi, Castelli for Kartell. Shopping information, page 138.



DESIGN NEWS FROM ITALY

14 pieces of comfortable stackable, fast-moving furniture

Create your own level

1 Stack a cube, add another, and pronto, you have a desk, kitchen, or record storage. Bored? Disassemble, rearrange. Your choice is unlimited with these units of various sizes and endless possibilities. "Bric," designers De Ponti, Mari for Driade.

DAVID MASSEY





Total flexibility + infinite variety

2 Floor to ceiling units—choose your height—cotton upholstered seating areas, steps, pull-out storage complete system, giving you choice to create horizontal or vertical levels for a flexible environment. In natural beech wood, poplar, units are stained a blue/gray at base. "Acquario" designed by Roberto Pamjo and Renato Toso for Stilwood.



Molto grande – super sofa



3 104 in. wide, 2 ba elements, removabl calico mini-print cov "Programma Valent designed by Citterio and Nava, Flexform **4** Highback, 102 in. wide in printed silk a cotton, down cushio Designed by Gigi an Pepe Tanzi, Biesse.

Dining Italian style

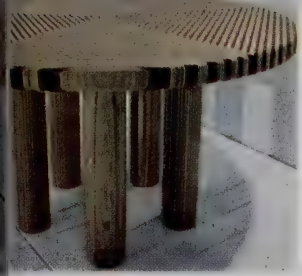
5 Pale green and white lacquered wood panels, metal strip inlays for a banquet-sized table designed by Claudio Salocchi from the "Modus" collection for Sormani.



Lighting indoors and out

10 Floor, desk, and wall lights in bright yellow plastic, with flexible stems from Martinelli Luce. **11** Curved table and floor lamp with white globe shielded by an overscaled, smoked acrylic shade. "La Torre" is designed by Gae Aulenti for Martinelli Luce. **12** Elliptical, tiered, rice-paper tower, about 5 feet tall. "Mariangella" is designed by Ingo Maurer for Design M. **13** Garden lights of white opalescent glass in single globes or clusters are designed by Ezio Didone for Arteluce. **14** White opalescent glass table lamp, with metal handles painted in white, black, brown, green, red or chrome. "Tender" is designed by Romolo Lanciani for Enrico Tronconi. For shopping information, please turn to page 138.





Five-star design

6 Circle-in-five table, mahogany and birch laminated wood. Designed by Pedano for the Pedano Shop.

evamped classic

ofa is extended from chair designed by Le Corbusier, here s favorite colors, with soft canvas pillows stacked de a painted metal frame. "Le Corbusier" from Cassina.

n the flip side

smooth mechanical design where plastic sections side flip, into place, and rest on an aluminum base with chrome feet. tore, simply press the center button and the table quietly s up. Available in white, green, red, brown, or black, it is gned by Studio Castelli for Castelli.



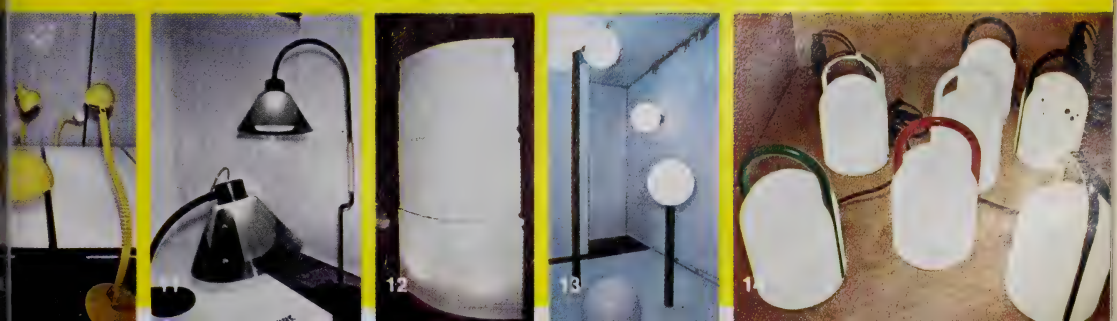


Living with art



9 Mondrian-influenced lacquered wood cabinet stands on a steel base, about 4 feet high. Designed by Koni Ochsner for Tecta Möbel.

aly's shining examples



The go-anywhere cha

First in a series o
easy-to-build fur
this great fold-up
can be made in j
2 hours. It's a sn
even if you've n
hammered a na
into wood befor
Cost: $8 for woo
hardware,
sandpaper, and



Left: Here's all you need: 25 pieces of 1-by-2-in. pine, 4 wing nuts, 4 carriage bolts, 8 washers, wire brads, wood glue, and sandpaper. Folded flat, chairs hang on the wall in Shaker style or stash neatly in a closet.







Above left: Chairs go to a party. They're painted white, placed around a circular table with a cloth in blossom print from Brunschwig. Painting by Cynthia Polsky from Andrew Crispo Gallery. Carpet, Rosecore. Dining room designed by Mario Buatta. *Above right:* For informal dining, chairs are painted in four different House & Garden Colors, a delicious assortment of pastels, Buttercream, Caramel Cream, Greensilver, and Pongee. They are grouped around a simple white Parsons table. Cotton napkins pick up the chair colors. Shopping information, page 138.

Good-looking and versatile, the $8 chair that designer Peter Stamberg designed specially for House & Garden readers works for daily dining or casual seating, pulls up to a desk or folds away in a closet to be brought out at a party when extra chairs are needed. You can make it yourself in two hours with a minimum of effort, and you don't need special carpentry skills. One chair takes six 8-foot lengths of cheap #2 1-by-2-in. pine. The lumberyard can cut it to size, but you save money sawing it yourself. Lumber costs vary across the country, but $6 should buy enough wood for one chair. You need another $2-worth of hardware, sandpaper, glue. Step-by-step instructions page 42.

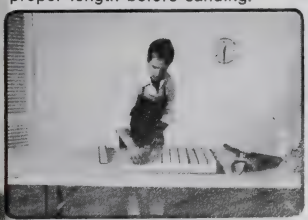




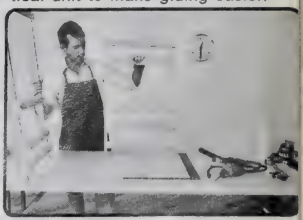
11:00 A.M. Cutting the wood to the proper length before sanding.



12:10 P.M. Starting the nails for vertical unit to make gluing easier.



12:15 to 12:30 P.M. Gluing and nailing the seat section in place.



12:30 P.M. Stamberg checks over the diagonal and vertical units.



12.55 P.M. Drilling holes for the bolts that hold it all together.



1:00 Final assembly with hardware. Chair's finished, ready for painting.



OKAI



EEDLECRAFT

The quick stitch quilt

/ith precut pieces
nd an easy-to-do
esign, you can
eate a personal
eirloom from a kit

ere's a quilt that assembles in a
sh. Color-coordinated patch-
rk shapes are precut, packed
a kit. Straight seams make the
wing easy. It's a snap for any
ginner and a joy to the house.
tra plus: Made of cotton, it's
achine washable. Designer Beth
itcheon shares her tips for
aking a quilt on these pages.

CHRIS REINHARDT



Far left, top to bottom: "Lightning" quilt kit from Gutcheon Patchworks, in white with red or blue./ Pieces are organized next to diagram of the finished quilt./ To save time, join pieces together by machine, one right after the other. Clip apart later./ Pieces may also be hand-sewn together with running stitches followed by a backstitch every so often for strength. *Left, top to bottom:* Press each completed patch, with seam margins toward the darker fabric./ Use pins to match seams before sewing./ Quarter-inch seam margins ensure a properly aligned design./ Patchwork is joined to form the medallion, or central panel, of the quilt. To finish, add borders, backing, and a fiber filling.

PEADLE





Quilting secret

Above: To quilt without a frame, sit Indian-style, spread quilt in your lap, stretch taut, and pin to the knees of your trousers.



ilt splurge

site page: Quilt as bold
ned tablecloth in 18th-
ry farm dining room.
rware, Groundworks.
are, glasses, by Sigma.
: Quilt hung as a
lous hallway banner.
ight: The traditional
quilt as festive cover-
a spool bed. Shopping
nation, page 138.



Not just a kitchen, but a concept for the way you want to live today — that's House & Garden's 1979 Super Kitchen. In one 24-by-36-foot space, efficient design and the best new materials and appliances you can buy bring everything your family needs and loves into a sunlit living pavilion that saves energy while it works. To see how, please turn the page.

TOM YEE

SUPER KITCHEN '79

THE SELF-SUFFICIENT KITCHEN

You can do all your living, cooking, eating, gardening, and crafts in one terrific energy-saving heart-of-the house room



ORGANIZATION

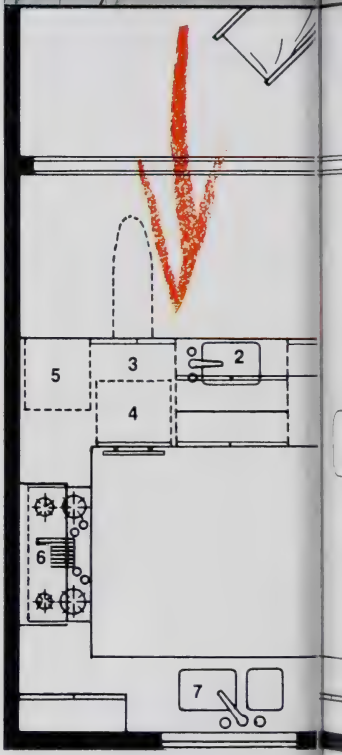






TOM YEE





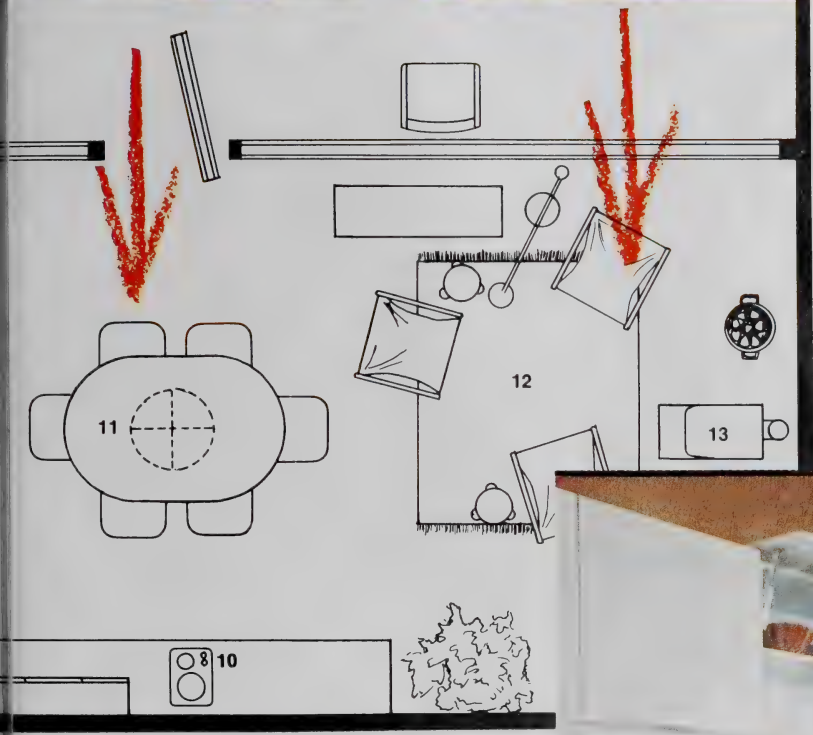
Modern in its concept of energy-saving and new-as-tomorrow in its approach to appliances and storage, the 1979 Super Kitchen reflects a great traditional idea in its total design. Yann Weymouth, Peter Coan, and Franklin Salasky of Redroof Design created a heart-of-the-house room for multiactivity—as much a place for children to play and guests to relax and talk as it is for the cook to prepare food. Cooking, eating, and sitting areas flow into each other, divided architecturally by trusses supporting the slanted roof whose slope faces south to catch the sun (see plan). One long glass wall to the south lets in warmth and light all year round, and makes the environment perfect for growing plants and herbs indoors; beyond, an awning-covered terrace leads to the garden. Inside, every inch of space goes to work and movable furniture gives it freedom. Lots of closed storage prevents clutter. Stacking chairs and canvas chairs tuck away easily.

What would you put in a Super Kitchen? Everything you could, of course. Below the Thermador four-burner grill, *top left*, cooking essentials are in wire-rack spin shelves and pull-out baskets; knives and utensils hang on a magnetic strip beneath the custom hood by P.M. Range Hoods. The Micro-Thermal double oven by Thermador cooks with microwave energy or conventional heat. The top oven does both at once. Undercounter cabinets hold appliances, *bottom left*, and mixing and measuring equipment in drawers, *bottom right*. Flip-up cabinets, *opposite page, far right*, and a floor-to-ceiling pantry surround the pass-through and stainless steel sink. On the other side, *opposite page, near right*, an Iron-A-Way drop-leaf ironing board. All cabinets by Allmilmo.





U-shaped kitchen is self-sufficient, yet accessible to dining area, with a Sub-Zero refrigerator/freezer, **1,** close to table. A Frigidaire washer and dryer, **5,** stack next to ironing board, **3.** Pass-through, with deep Elkay sink, **2,** serves oven area, **4,** and laundry. To left of cooktop, **6,** a double sink, **7,** is sculptured into Dupont Corian counter. A dishwasher, **8,** trash compactor, **9,** and cooktop, **10,** all by Thermador, form another work area at far end of counter. On wall near expandable dining table, **11,** a washable crayonne board by Enamel Products for messages. A kilim rug, **12,** and Jøtul woodburning stove, **13,** warm sitting area. All faucets by Elkay. Building, shopping facts, page 138.



Three parts to a room with one long wall of glass designed to bring the outdoors in



KARAN RADKAI



ENERGY

THE SELF-SUFFICIENT KITCHEN





KAREN RADKAI







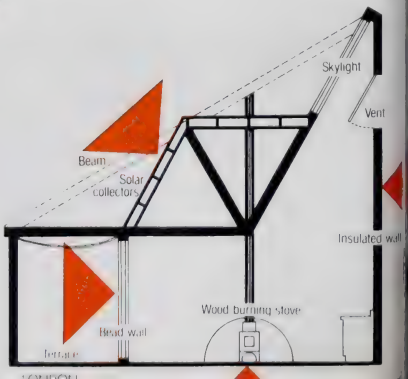


Three cost-saving energy systems, a solar collector, flaps for natural ventilation, a bead wall that insulates

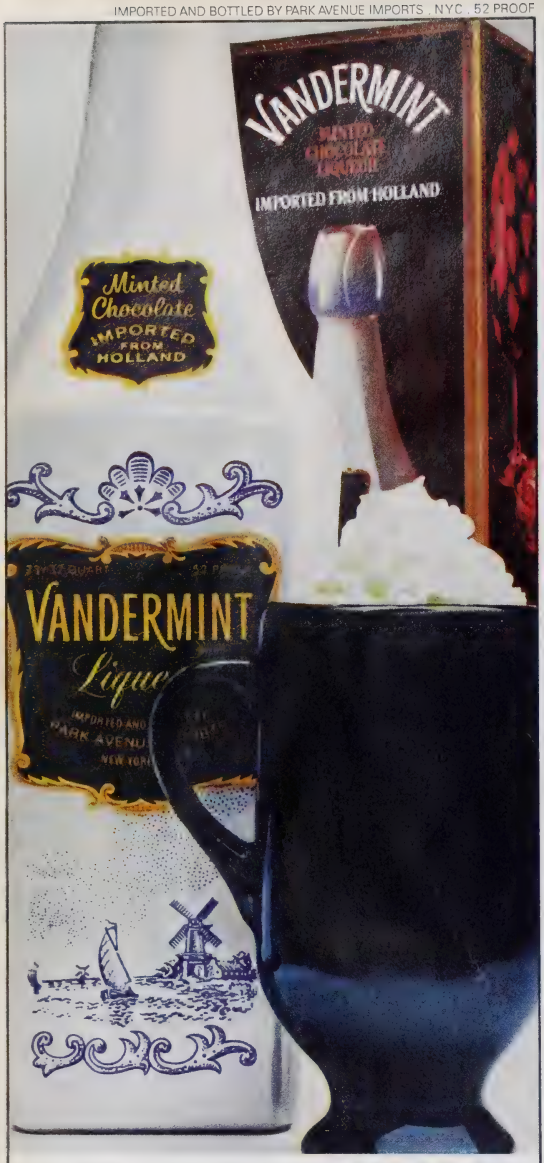


Energy-saving architectural design determined the three-part floor plan and natural color scheme of the Super Kitchen pavilion. The shed roof, built at a 60° angle for the solar collectors, is supported by roof trusses which define three interrelated areas in the room. Work space in the kitchen, *opposite page*, and laundry area, *above*, are set apart from the living area, but both are open to light and air. The beadwall takes one minute to fill completely, and it can fill in sections (see above) when you need only partial insulation. Weatherproof fir plywood siding on the 6-inch-thick wall is used outside and in, a neutral background for the clean white flooring, plants, and Allmilmo cabinets. Ceramic tile floor, inside and on the terrace, by American Olean Tile from the Tile Council of America. Plywood siding on walls and ceiling from Georgia-Pacific. Beadwall by Solar Tech. Door handles by Ironmonger. Building facts, and shopping information, page 138.

The bright, open feeling that makes this Super Kitchen so inviting grows straight out of the architectural design. "We wanted to give the owners a sense of participating in their environment, and to enjoy nature indoors as much as possible," explains architect Yann Weymouth. The kitchen also incorporates intelligent use of nature's energy. Roof is angled to accommodate three solar collectors used to heat water. A skylight brings light and warmth to the north wall. The shaded terrace, *above*, seems like part of the room, but an ingenious glass wall stands between: its double glaze can fill with polystyrene beads, to act as insulation and retain heat. "This device lets you have a wall of glass and still hold in heat at night," says Bruce Polak, who designed the installation and explains how it works on page 44. More energy savers, *opposite page*, the wood-burning stove with Metal Bestas insulated chimney, and flaps in the north wall for natural ventilation instead of air conditioning.



IMPORTED AND BOTTLED BY PARK AVENUE IMPORTS, N.Y.C. 52 PROOF



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Get into the spirit of things with this luscious Dutch Coffee: Pour 1½ oz. of Vandermint in a cup and fill with hot coffee. Top it off with whipped cream for a real "Dutch treat." Making it with Vandermint makes the difference.

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MEAL IN MINUTES

MENU
Baked sole with green peppercorns
Sautéed cucumbers and snow peas
Steamed rice
Apricot mousse

Flaky sole fillets baked with white wine and scallions, crisp herb-topped vegetables, softly steamed rice, and a tangy apricot dessert make a light, nice-change menu during weeks of winter soups and stews. These recipes are from José Wilson, noted food and wine writer and author of *The Complete Food Catalogue* (Holt, Rinehart & Winston).

Since the mousse for dessert should chill an hour, purée the apricots and liqueur and fold in the whipped cream early in the day or before you begin preparing the main course. Make sure the butter for the sauce is in the freezer when you set the fillets, in their foil pouch, in the oven. While they bake for 20 minutes, steam the rice, prepare the cucumbers and snow peas (if they're hard to find, try strips of green pepper or blanched broccoli florets) and crush the green peppercorns for the butter sauce. When the fillets are done, keep them warm and start the vegetables—stir them constantly, they'll only take a few minutes. Turn the vegetables into a warmed serving bowl, then whisk the butter and reduced fillet juices together until thick and creamy. Stir the peppercorns into the sauce and serve immediately—it's all done in about 40 minutes.

Baked sole with green peppercorns

INGREDIENTS

6 sole fillets (or haddock, if sole is unavailable)
¼ cup scallions, finely chopped
Salt, freshly ground black pepper
3 teaspoons butter
3 tablespoons dry white wine
3 tablespoons strong fish stock or clam juice
4 ounces unsalted butter, frozen and cut into 8 pieces
2 teaspoons green peppercorns, drained, rinsed, and crushed in a mortar

METHOD

☐ Arrange the fillets, skin side up, on a large sheet of heavy-duty aluminum foil in a baking dish. Sprinkle with the scallions and salt and pepper to taste, then dot each fillet with ½ teaspoon butter cut in tiny pieces. Fold each fillet over lengthwise so flesh side is uppermost. Pour the wine and stock over the fillets, close the foil, and bake fillets in a preheated 400° oven 20 minutes. Remove fish to a warm serving plate and drain all the juices into a small heavy saucepan or skillet. Bring juices to a rapid boil and reduce to about 2 tablespoons. Remove pan from heat and whisk in the frozen butter, bit by bit, as for a beurre blanc. The butter must not be allowed to melt but should mount to a creamy thickness. Stir in crushed peppercorns and serve immediately with fish. Serves 6.

Sautéed cucumbers and snow peas

INGREDIENTS

2 large cucumbers, peeled, seeded, and cut into 1-inch sections
2 tablespoons peanut or other bland oil
1 pound snow peas, trimmed and stringed
Salt, freshly ground black pepper
1 tablespoon fresh mint, dill, tarragon, basil, or coriander leaves, chopped (use just 1 herb)

METHOD

☐ Blanch the cucumbers briefly (to draw out bitter juices and excess moisture) by bringing

Continued on page 126

Opposite page: Preserve some sunshine and summer flavor by adding fresh herbs to white vinegar to perk up winter dishes. From left to right—leek blossom, tarragon, dill flower, red basil. Story, see page 117. Shopping information, page 138.

WINE & FOOD

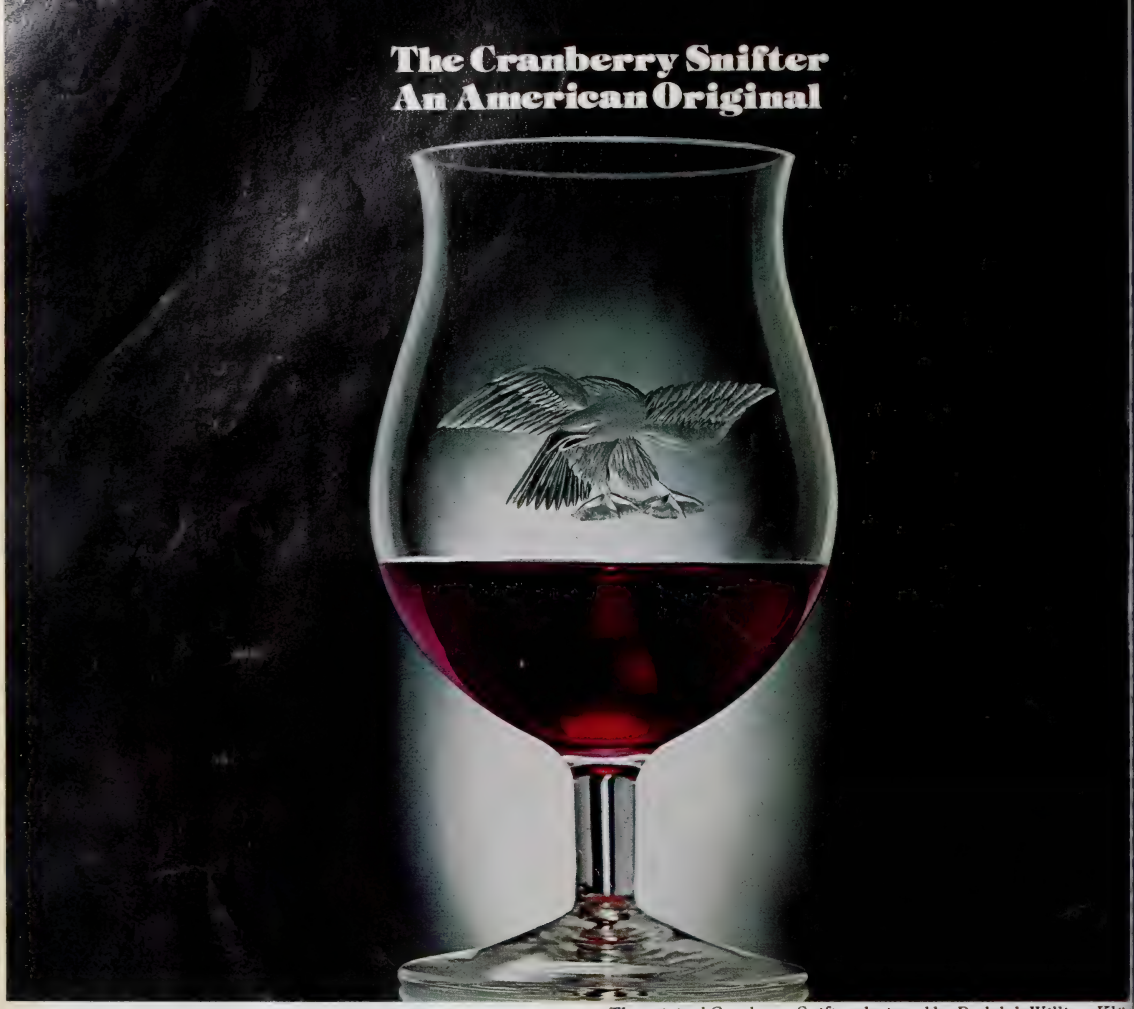
The Incredible Herb



Flavored vinegars and other herbal innovations

MARINA SCHINZ

The Cranberry Snifter
An American Original



The original Cranberry Snifter, designed by Rudolph William Klü
Sneeden's Landing, New Yo

The Cranberry Snifter is a uniquely American design, perfectly matched to the fine liqueur for which it was designed.

For Boggs Cranberry Liqueur, too, is an American original. Not too sweet. Not too tart.



A staunchly independer
taste, one might sa
Which has mac
Boggs the choice
some of America
most independer
sippers. Is or
of them you

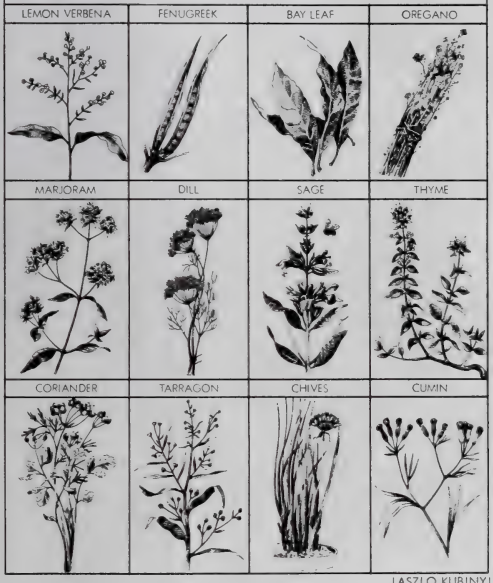
Boggs Cranberry Liqueur, 40° © 19
Bottled by Heublein, Inc., Hartford,

Boggs Cranberry Liqueur
An American Original

This month in Wine & Food: Adventures with herbs—quick tips, inventive party dishes, and a class in flavoring—plus good buys in wine for 1979

Herbs with a difference

Marjoram toast, basil pasta, mint-peanut pesto, horseradish cream—and more fresh flavoring ideas to inspire new ways with familiar herbs and some you may not have tried



LASZLO KUBINYI

Make herb butters to keep in e freezer to top fish, poultry, id meat. Good ones are lemon lm, tarragon, parsley.

Pick fresh tarragon off stems d pack in a jar. Cover with dis-led white vinegar. Keeps the ragon well and use the vinegar béarnaise. *Maurice Moore-tty, New York food authority*

Put blue borage flowers in nite vinegar for a gloriously ented blue vinegar.

Oregano discreetly underlines e perfume of tomatoes.

Mix 1 cup mayonnaise with ¼ p soft butter and add ½ cup rsley, ½ cup chives or scallion os, ¼ cup tarragon, ¼ cup esh chervil all chopped fine. ason to taste with salt and lots pepper. If you want a lighter ice, beat in 1 egg and omit the tter. Use for crudités, fish, tichokes, and avocados. *Mayelle Iribe, coauthor of "Pâtés Kings and Commoners" awthorne)*

For herb toast, butter whole-heat bread lightly and sprinkle th chopped sweet marjoram. oil until toasted.

Add marjoram to boiled on-ns.

Use basil with pork chops, ıa beans, and peas; in cream turkey soup; and in a salmon ufflé.

Use summer savory in turkey stuffing, chopped spinach, with ground round ak, with the Italian combination of ins and tuna fish. *Emalee Chapman, n Francisco cooking teacher*

For a mint tea granita, make a sugar up of ⅔ cup sugar and 2½ cups cold ter. Add ¾ cup loosely packed, opped fresh mint and boil 5 minutes. ain and add 1½ cups strong black . Cool. Freeze until almost hard, then t in food processor. Refreeze, beat in until desired consistency.

Tarragon gives beets a sweet, earthy vor.

Basil pasta! Drop 1 cup lightly packed, opped basil and 2 sliced scallion greens o boiling water. When it returns to a l, drain well. Combine greens in food ocessor with 2 extra-large eggs, ½ spoon salt, and ⅛ teaspoon nutmeg. ocess. Pour into a pitcher and reserve. ce 1⅔ cups flour in processor and turn on machine. Pour in about ⅘ of egg mixture and process until you have an even granular texture. Add remaining mixture and process until it forms a ball. Divide into 3, cover with plastic wrap. Roll out and cut on pasta machine. *Elizabeth Schneider Colchie, coauthor of "Better Than Store Bought" (Harper & Row, May)*

● Make pesto-like sauces with other herbs and nuts. Try tarragon, parsley, shallots, walnuts. Rosemary, parsley, garlic, pecans. Mint, parsley, garlic, peanuts. Use the parsley as the base, the others as flavoring. Use a good quality olive oil. *Charles Mount, designer.*

● Herb sandwiches: Spread whole-wheat or pumpernickel bread with cream cheese or homemade yogurt cheese. Put on top finely chopped leaves of lovage; fresh basil; parsley and chives; chervil; tarragon; garden cress mixed with alfalfa sprouts; almost any herb can be used that doesn't have too overpowering taste. Try something offbeat like hyssop or borage. Serve like a regular sandwich or open face. Also good in pita, in which case you could add sliced cucumber or tomato, radish, alfalfa sprouts, finely chopped cornichons.

Horseradish cream: Grate fresh horseradish root, mix with heavy cream, squeeze of lemon juice, touch of Dijon mustard. Pour into a shallow pan in a 1-inch layer and freeze. Cut into cubes and put frozen cream on roast beef, steak, broiled fish. *José Wilson, coauthor of "The Complete Food Catalogue"*

● Make a rosemary brush to coat butterflied lamb with olive oil and garlic while the meat cooks over coals.

Plant herbs at doorstep. When you brush by them, the fragrance cheers up your day. *Carol Adams, Portland, Ore. cooking school teacher*

● Mix finely chopped dill, parsley, chives into whipped cream cheese with a crushed clove of garlic and a little oil. Use to stuff raw mushrooms, vegetables, or pat under the loosened skin of a roasting chicken.

Mince together snipped dill, lemon verbena, and lemon zest. Make small incisions in skin of striped bass and stuff with mixture before baking in wine. *Marjorie Page Blanchard, author of "Backyard Harvest" (Bobbs-Merrill)*

● Put fennel bulb into bean dishes, purée the stalks, and use the feathers for salad.

Pour the brine off black olives and put in a jar with fennel seed, olive oil, lemon juice, and zest of lemon and orange. Store at room temperature. *Nika Hazelton, author of "The Regional Italian Kitchen" (Evans)*

● Use a touch of sweet marjoram with turkey stuffing and sautéed mushrooms.

The savories, both summer and winter, are rather peppery. Winter savory was used before pepper was brought from the Indies, traditionally with beans. Summer savory is less peppery, sweeter, and good with any meat. *Elizabeth Remsen Van Brunt, Honorary Curator of Culinary Herbs at the Brooklyn Botanic Garden* ■

Lessons with flavor

HERB-FLAVORED VINEGARS: *Pour 1 quart hot vinegar over several handfuls of freshly picked herbs in a nonaluminum bowl or crock. Let steep several days. Use a good quality white vinegar (cider vinegar would add another taste). Strain out herbs as they turn brownish and bottle vinegar with an identifying fresh herb sprig. Some possibilities: dill; red or green basil (the red will immediately turn the vinegar a deep red); tarragon; herb flowers, particularly of the onion family, make a mild, delicately colored vinegar; and, although technically not an herb vinegar, one flavored with lemon zest brings freshness to winter salads, or mix lemon zest with the herbal infusion. Use only the thin yellow layer to avoid bitterness.*

MARINA SCHINZ



Above top: Ann Rowan and her class assemble dishes. *Above:* Green tomato dill pickles, tarragon brandy, pickled cucumber strips, tomato relish.

Lamb marinade with rosemary and sage, herb preserves and butters, wine with a rosemary swizzle, and other fresh ideas from a new cooking school kitchen and herb garden

"Students cut bouquets of herbs to take after class, and visiting cooking teachers pick what they need for their classes. One was thrilled to find fresh coriander," says Ann Rowan, director of The Silo cooking school whose own classes emphasize dishes from garden fresh ingredients. "The new garden is right out the door of the kitchen and was a big hit. We, as well as students, learned from it—dill, tarragon, and red basil were very popular and we will plant more this spring," says Ruth Henderson, owner of The Silo, a cook shop and art gallery. Recipes, page 130. Shopping, page 138.











From top: Silo's new kitchen. Vinegars—lemon, leek blossom, tarragon, dill, red basil. Breakfast basket has tarragon butter for egg, lemon balm on grapefruit. Light lunch of cheeses, pumpernickel, rosemary sprig to nibble, iced tea with apple mint. Snack on Edam, fruit punch with spearmint, fresh gooseberries. *Opposite page:* Herb garden designed by Robert H. Gambino. Class after lesson in herb identification. Buttermilk marinade; fresh herb tray; try radishes with basil butter; toss peas with savory butter; savory, tarragon, basil butters; white wine with rosemary; lemon-tarragon brandy; herb jelly; Bloody Mary with basil; buttermilk with mint; herb-scented sauce for bouillabaisse of Cornish hens.





The incredible herb

Cooking with taste

Butterflied trout, salad tossed with herbal flowe elderberry fritter and other temptin party dishes













First take a good cook, add a gardenful of fresh herbs and vegetables, and mix well in a kitchen where every detail reflects the personality of the owner. Judith Olney combines whimsy with a serious love of good food and shares her ideas freely in her cooking classes in Durham, N.C., in her book *Summer Food* (Atheneum), and with friends who come often for lunch or dinner. "You have to work hard at presentation to perk up the palate." Her tools—breads, herbs and their flowers, crisp vegetables for color, texture, flavor. Buffet dishes, a colorful medley of tastes, are served at room temperature, easy to make ahead and then left unattended. The main event at lunch, chicken in a chicken on a straw nest, gives guests one to smile at and one to eat.

Rustic Buffet

Crusted tomatoes
Pasta salad with sesame
Country pie with herbs
Four vegetable frittata
Butterflied trout
Salad with herbal flower
Green olive tapenade
Cheddar cheese, fruit
Rosé wine



1 Kitchen opens onto the terrace. **2** Sunday afternoon buffet. **3** Small trout, spines removed, stuffed with bread crumbs, parsley, garlic, served with green mayonnaise. **4** Vegetable frittata rimmed with watercress, sprinkled with herb flowers. **5** Creamy quiche mixture hides inside a pastry turtle lying on a watercress bed. **6** Romaine salad topped by chives, hyssop flowers to be dressed at last minute. Pasta salad tossed with julienned vegetables, cream, sesame seed. **7** Garden with "custom" beds to keep herbs happy—one is shaded so lettuce won't bolt, two are richly composted, one is loamy, and central bed is lined for thyme, oregano, geraniums, marjoram, savory. **8** For lunch—a double chicken! The bread sculpture formed on lid of a clay baker can be polyurethaned for long keeping. Use the bottom half of the pot as a roasting pan. The edible chicken, roasted with thyme and bay leaf, is served with rice and a lemony sauce. **9** The al-fresco setting—lavender checks, hydrangeas. For dessert, farm-fresh raspberries and elderberry flower fritters sprinkled with sugar. **10** A rose of butter, easily made with a butter block and a wire cheese slicer. Serve it on a bowl of ice. **11** A light first course—only 1½ crêpes (top one is a lacy network), in between, a filling of sour cream and caviar. Recipes, page 134.

Terrace lunch for 4

Filigreed crêpes with caviar
Chicken in a chicken
Green salad
Elderberry fritters
and raspberries



KAREN RADKAI



GOOD SPIRITS

TETSU OKUHARA

How to find fine wines for under $3

Winetaster's guide to budget buys from the U.S., Europe, and Latin America



By B.J. Cutler

Consumers who are accustomed to drinking the classic French wines from Bordeaux and Burgundy and the equally good wines from California made from the top-ranked Pinot Chardonnay and Cabernet Sauvignon grapes have a problem: a money problem. A number of small harvests in France, higher labor costs, a shortage of white grapes in California, and increasing demand for "name" wines have combined to send prices soaring. A bottle of Pouilly Fuissé, a popular white Burgundy, commands $8 to $10. Any château-bottled red Bordeaux that one is likely to have heard of will soon start at $8. A French red, labeled only "Bourgogne," which means it can come from anywhere in the province of Burgundy, sells for $4.50. In California the lovingly crafted Chardonnays and Cabernets from small "boutique" wineries are winning in blind tastings against fine French imports, but prices of $15 a bottle are not uncommon.

So what should a person do in today's wine market if he or she is budget-minded and still wants to serve good wine? The first thing to do is to relax and stop worrying; there is a lot of sound, decently priced wine on the American market. I know because I recently did a survey to see what was available at $3 a bottle or less, which is a quite modest price these days, and I found scores of wines from a dozen countries good enough for family drinking and to serve to guests at all but the most rarefied dinner parties. I certainly did not come close to finding all the good buys in my arbitrary $3 price class. You can easily make your own discoveries if you ask a few wine merchants for suggestions as to good values and carefully taste their recommendations to determine which ones please you, no matter how they rate on vintage charts and experts' lists.

The place to start hunting bargains is California, source of about 85 percent of American wine. Interesting ones will be found among the so-called generic wines bottled in fifths. Generic wines are made from a blend of several grape types (in contrast to varietal wines which are made mostly from the grape variety named on the label) and usually bear the names of European wines, such as "Chablis," "Burgundy," or "Rhine," which they may or may not resemble.

Recently, American winemakers have gained in confidence and begun giving their products honest, no-nonsense names (which often are clues to well-made wines). Thus, Robert Mondavi calls his generic wines Red Table Wine and White Table Wine. You couldn't ask for less puffery than that, and both are excellent value at $2.25* a fifth. Prices may be higher or lower in different parts of the country. In the same class with Robert Mondavi's red are Fetzer Mendocino Premium Red, $2.35, a rugged wine that will look a steak or roast in the eye and make it say uncle; Kenwood Sonoma County Burgundy, $2.75, Pedroncelli Sonoma Red, $2.25, and Sterling Napa Valley Red, $2.80.

Among the generic white wines to try are Kenwood California Chablis (98 percent from the Chenin Blanc grape), $2.90, Fetzer Mendocino Premium White, $2.35, and the above mentioned Robert Mondavi Table White. Wente Bros. is noted for its whites. Whenever one is spotted at less than $3, it is a buy. Paul Masson's Emerald Dry is a pleasant inexpensive white, good as an apéritif or a table wine. Other good makers of modestly priced wines, whites and reds, are Louis Martini, Sebastiani, and C.K. Mondavi.

While doing my research, I asked Harry M. Siegel, whose Ace Beverages has been supplying Washington's embassies and better homes for more than a quarter century, for tips on inexpensive varietal wines. "Keep two grapes in mind—Chenin Blanc and Zinfandel," he said, and he was right. Chenin Blanc is a grape from France's Loire Valley, where it produces Vouvray and Saumur. In California it yields a crisp, pale, slightly fruity wine that makes a nice apéritif and goes well with fish, chicken, and indeed most dishes that do not call for red. Some nationally distributed Chenin Blancs follow: Almadén, $2.60; Gallo, $1.75; Geyser Peak, $2.95; Italian Swiss Colony, $1.70; Korbel, $2.75; Pedroncelli, $2.95; Souverain, $2.99; Wente, $3; and Winemasters, $2.15. The ones pushing $3 tend to be finer than their inexpensive cousins. Incidentally, Inglenook's Navalle Chenin Blanc ($2.30) is nicely sweet and a candidate to serve with dessert.

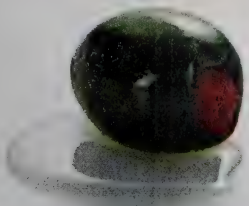
Zinfandel, whose origin in Europe is shrouded in mystery, is the California grape par excellence, doing better there than elsewhere. Depending on how it is handled, it produces a dark, powerful, long-lived red wine, usually expensive, or a light, fruity version with a berry-like flavor. The latter is sort of America's Beaujolais, fresh and meant to be drunk young, and fortunately it is modestly priced. Here are some interesting Zinfandels in our price range: Beringer, $2.65; Fetzer, $2.95; Gallo, $1.75; Heitz Cellars, $2.95; Pedroncelli, $2.75; Sonoma, $2.99; and Wente Bros., $2.95. I thought the Heitz and Pedroncelli especially good buys.

Another European grape, the Barbera from northern Italy, also does better in California than in its native soil. In the

Continued on page 124

*All prices quoted are [illegible] throughout this [illegible]

What an olive does for a martini,





Stouffer's Side Dishes do for dinner.

Stouffer's Broccoli au Gratin and Scalloped Potatoes are just two of the 13 side dishes Stouffer's makes. To liven up a simple meal. Or do justice to a special one.

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Stouffer's Side Dishes.
The great mealtime accessories.

right hands the Barbera gives a satisfying, robust red wine. Louis Martini makes a fine example, which, when found for around $3, should be tasted.

Because it is highly productive and was inexpensive, the Colombard grape finds its way into most California jug whites. Now many growers also are treating it as a varietal grape, and Colombard is yielding a rather dry, fresh, pale wine. Among the pleasant offerings are Almáden, $2.29; Cresta Blanca, $2.55; Foppiano, $2.90; Gallo, $1.75; Paul Masson, $2.60; Parducci, $2.99; Sonoma, $2.85; and Winemaster's Guild, $2.15.

Although California dominates the American wine scene, fine wines are now being made in more than a dozen states. Many of them unfortunately cost more than our $3 ceiling. In New York State, which has a long wine-making tradition, the large firms of Taylor, Great Western, and Widmer make complete lines of inexpensive wines that can be found almost anywhere. In the East, the Boordy Vineyards of Riderville, Md. has devoted followers of its simply labeled Boordy Red, White, and Rosé wines. Made from hybrid Franco-American vines, Boordy's products resemble the simple country wines that used to enchant travelers in France. Regional winemakers are springing up in many parts of the country, among them New York State, Pennsylvania, Maryland, Virginia, Arkansas, Ohio, Michigan, Oregon, and Washington. People living near the new vineyards would do well to taste their local wines. They will make some interesting discoveries.

Because Burgundies and the higher rated Bordeaux wines have skyrocketed out of reach is no reason to give up on France as a source of enjoyable and affordable drinking. The Macon area, south of Burgundy, still provides its crisp, dry Macon blanc that sometimes can be found under $3. The same is true of Muscadet, that pale, refreshing white from the mouth of the Loire River. Vouvray, a Loire white that is less dry than Macon or Muscadet but very pleasant, continues to be overlooked and a bargain. Prices are up in the Côtes-du-Rhône, that dependable source of sound, robust red wines, but many examples remain in our price class and should be sought out. Moving south into Provence, Côteaux du Tricastin and Côtes du Ventouv produce reds that are softer and fruitier than the Côtes-du-Rhônes. Among the wines from Tricastin, Domaine de Grangeneuve ($2.79) has wide distribution here and is quite good.

In the Bordeaux area itself, many shippers continue to send us their regional blends of very drinkable red and white wines, labeled simply "Bordeaux," and priced at $2.50-$3. A bit of tasting in this category could solve one's wine problem. Even better yet are bottlings from the *petits châteaux*, the small wine estates of Bordeaux. Depending on the grower's soil and skill, these wines vary from thin and poor to very good. The best way to select your *petit château* is to ask wine shops for suggestions, taste some home, and taste. When you strike a find among the *petits châteaux*, buy a case or two before telling your friends of your discovery. You have no idea how fast such new spreads and how quickly the wine sells out.

Another Bordeaux tip: Entre-Deux-Mers, a vast vineyard area between the Garonne and Dordogne Rivers is up-and-coming. It used to turn out indifferent sweet white wine that the British called "plonk." Now the growers have improved their techniques and are producing dry whites at moderate prices. Even better, they have started to make decent reds, which are a welcome addition to the small Bordeaux. The canny wine buyer will look for Entre-Deux-Mers on labels.

Alsace, the lovely wine province between the Vosges Mountains and the Rhine continues to turn out excelle







te wines at moderate es to be drunk young— k for the excellent 75s and l. Riesling, Alsace's best e, can sometimes be found less than $3. Sylvaner, ch is less fine and less dry n Riesling but nevertheless y nice, is easily available 2.75. Hugel, Charles Jux, mbach, and Willm are nes of leading shippers of vaners. Also, Hugel's Cu- les Amours and Willm's don d'Alsace are interest- proprietary blends.

As French prices rise, as y will, more and more at- ion will be paid to the li. This enormous wine- wing area stretches along Mediterranean Coast al- st from the Riviera to the nish border. The growers he Midi have sensibly up- ded their product. With er vinifications and strict- rules, they are producing sant *vins de pays*, or coun- wines, that will play an im- ant role in the American ket. They are starting to w up here, in the square- ldered Bordeaux bottle, ring names like Vins de s des Côteaux, Varois, Côteaux du Pont du Gard, Côtes du Tarn. Better established names are Minervois, Corbières, and Côtes du Roussillon. Midi wines will bear the words "Vin de Pays" or "Appellation VDQS Controllée" on their labels and should be experimented with as Bordeaux gets pricey.

The ace in the hole for lovers of imported wine at moderate prices is Italy. Italy now sends to America about twice as much wine as France and, fortunately, Italian wine making has improved considerably. From California, the Italians picked up the technique of making crisp dry whites in a hot climate and are selling such wines here in vast amounts. Italy's best known wine is Soave, from near Verona, and a satisfying and pleasant wine it is, widely sold at about $2.50. There is no difficulty in finding a good Soave. There are big, nationally distributed brands like Bolla and Bertani and scores of smaller firms turning out nice examples. Other whites to look for include Pinot Grigio and Frascati, the latter the favorite of Roman cafés. Companies that ship Soave also send Verona's other two leading wines, Valpolicella and Bardolino, both light, fruity reds. People who want to simplify their lives could pick a Soave and a Bardolino (I give it a slight edge over Valpolicella) and let things go at that. But they would be missing out on an even better red, Chianti from Tuscany. A Chianti Classico, identified by the black rooster on its neck label, coming from a conscientious maker and selling for less than $3 is one of today's best values. Good inexpensive Chiantis come from Saccardi (which has been winning blind tastings lately), Melini, Verrazzano, Brolio, and Ruffino. There are many other shippers of good and less good Chianti. One very good way to select your Italian wines is to pick up six bottles of different Soaves and six Chiantis and invite friends in for a tasting. Don't let them see from which bottle you pour the wine to be tasted and have them keep careful notes about color, bouquet, flavor, and general quality. Have some bread to clean palates between tastes and serve some cheese when the tasting is over and the remaining wines are being polished off. At the end of the evening your friends will have had a good time, and you will have painlessly located your House White and House Red.

It's a miracle that the Germans can send us so much good inexpensive wine. They can and do, and we might as well enjoy their miracle while it lasts. It is a wise strategy to look for the names of vineyard towns on the bottle labels, such as Bingen, Bernkastel, Mainz, Nierstein, Oppenheim, Piesport, Saulheim, Wiltingen, Wehlen, Zeltingen, Rüdesheim, Wachenheim, etc. These wines come from a single town, sometimes a specific property, and are likely to be better than the regional blends. Until recently, most German wines have been rather sweet, according to many tastes too sweet to accompany a meal and better reserved for dessert. Now, however, canny German vineyard owners have noticed the growing use of dry white wines as apéritifs and have changed their vinifi-

Continued on next page



A Few Simple Lessons about Avocados from the American Egg Board



For half-shells: Halve avocados lengthwise.



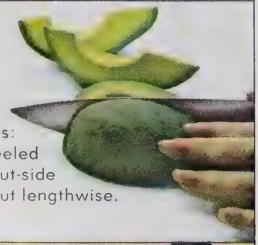
Twist gently to separate halves.



Whack a sharp knife directly into seed; twist to lift out.



To peel: Place cut-side down; strip or pare skin.



For slices: Place peeled halves cut-side down. Cut lengthwise.



Make it with an Avocado

Good spirits
continued from preceding page

cation. Wines are starting to appear with the word "trocken," for dry, on the label and make fine dinner wines.

Another good place to look for bargains is the Communist countries of Eastern Europe. With their perennial need for hard currency, they sell well-made red and white wine in this country at below their real value. Yugoslavia's Adriatica line of wines has a nice Riesling and a hearty Cabernet, each $1.99, among other interesting offerings. Romania, too, ships a Cabernet Sauvignon, from the Bordeaux grape, which is somewhat heavy but satisfying at $1.99. The brand name is Premiat, and it is widely distributed. Hungary is, of course, famous for its Egri Bikavér ("Bull's Blood"), a hearty, dark-colored red ($2.79). In the same price class are Nemes Kadar and Vörös, two lighter reds. Two recommended whites are Badacsonyi Kéknyelü ($2.79), which resembles a Rhine wine, and Egri Léanyka, which is drier.

Spain's best wine-producing area, the Rioja, long has turned out excellent Bordeaux-style reds at moderate prices. Inflation and world demand have pulled many Riojas over $3. One good example that still is undervalued is Cune's Claret ($2.69). A bit of prowling the shops will turn up others. Riojas are fine red wines, worth searching for. Spain's neighbor, Portugal, used to be content to send us huge volumes of crackling (carbonated) wine. Now honest reds and whites from northern Portugal, location of the better vineyards, are coming in. One brand in national distribution, Mateus, will give you an idea if Portugal's nonsparkling wines are for your table.

Since Moslems do not drink alcohol, one would not normally look for wine in an Islamic state, but Algeria is an exception. Extensive vineyards were planted there when it was a French colony, and the now independent nation continues to produce wine for export. Medea Rouge and Dahra are two of Algeria's better wines available here. Like most reds grown in hot climates, they tend to be a bit heavy flavored. But I've seen them offered as low as $1.53 a bottle, and that is a bargain for a red hearty enough to be served with stews. Much farther east along the Mediterranean coast, Israel produces an interesting range of table wines. Adomatic, a dry red at $2.20, is a good introduction to Israel's offerings.

Chile, settled by Europeans from winegrowing countries and favored with a temperate climate, has large and well tended vineyard areas. Bordeaux's Cabernet Sauvignon does well in Chile (better than the grapes used in that country's "Burgundy") and two Cabernets, Concha y Toro and Santa Rita are sound buys at $2.40. Concha y Toro's Riesling, a rather austere white, also is intere at the same price.

Finally, the budget-minded wine will always keep in mind that wine rarely price-fixed under state law spirits often are. Therefore each chant can decide his own markup, prices vary all over the lot. It's a idea to follow the advertisements in local papers to learn which dealers bitually offer wine at low prices. S shops advertise wine as a loss-leade bring traffic in, and they provide op tunities to put away a case or tw your finds at moderate cost. Most merchants give a 10 percent discoun case lots. The very worst way to wine is to run out to the corner just before company comes for din You'll pay top price and have a lim choice. By comparing prices, shop carefully, and buying at sales, you cut your wine budget by a third. worth doing. ■

Meal in minutes
continued from page 114

them to a boil in a pan of water. D well. Heat the oil in a wok or a large h sauté pan or skillet. Add cucumbers snow peas and stir-fry or sauté over heat, tossing or turning constantly, snow peas turn bright green. Spri with salt and pepper as they cook. into a vegetable dish, sprinkle with chopped herb, and serve at once. Serve

Apricot mousse

INGREDIENTS

11-ounce package dried apricots
¼ cup orange liqueur or more to taste
1 envelope plain gelatin
¼ cup cold water
1 cup sugar
Juice of 1 lemon
1 teaspoon lemon zest, grated
2 cups heavy cream, whipped stiff

METHOD

☐ Put apricots in a pan, cover with wa and bring to a boil. Turn off heat and apricots sit in water until it is almost sorbed and apricots are soft. Purée t with any remaining water and the ora liqueur in a food processor or blende rub them through a food mill, then the liqueur to the purée.

☐ Soften the gelatin in the cold wate a bowl or small pan, then dissolve over water or low heat. Combine the gel with 1 cup of the apricot purée and sugar (to taste, depending on whether like a tart or sweet result). Stir vigorou until smooth, then add the remaining a cot purée, lemon juice, and zest. Mix w Cool to room temperature; fold whip cream into the apricot mixture. Pour a 2-quart soufflé dish and chill until about 1 hour. To refrigerate, cover with plastic wrap. Serves 10. ■

The Avocado Omelet. It's a natural.

What's the California avocado into now?
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Inside, there's smooth, golden-green avocado slices, crunchy sprouts and tomato. Outside, a light, fluffy omelet topped with yogurt and nuts.
The avocado omelet—it's just naturally good.

The Avocado Omelet

1 serving

2 eggs
2 Tbsp. water
¼ tsp. salt
1 Tbsp. butter
½ ripe California avocado, peeled and sliced
3 thin slices tomato
¼ cup alfalfa sprouts
2 Tbsp. plain yogurt
1 Tbsp. chopped walnuts.

Mix eggs, water and salt. Heat butter in 8-inch omelet pan until hot. Pour in egg mixture, which should set at edges at once. Carefully push cooked eggs to center, tilting pan occasionally, so uncooked eggs can flow to bottom. While top is moist and creamy looking, arrange all but two slices of avocado, tomato slices and sprouts on half of omelet. Fold omelet over filling and turn out onto plate. Top with 2 avocado slices, yogurt and nuts.



The incredible edible egg
American Egg Board

Love Food from California
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▲ Green Peas and Pearl Onions



▲ Small Onions with Cream Sauce



▲ Mixed Vegetables with Onion Sauce

▼ Cauliflower with Cheese Sauce



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Carrots with Brown Sugar Glaze



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Birds Eye® Combinations.

The first vegetables your husband might even notice.

Above photographs are approx. 2 times actual size.

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Lessons with flavor
continued from page 118

HERB TIPS FROM THE SILO

Herb-flavored oils
Pour warm, good, light salad oil over fresh herbs. Marjoram, thyme, and rosemary create excellent flavors for grilling meats. The rosemary-flavored oil may cloud because of excess moisture—it helps to dry out the rosemary twigs and leaves before putting them into the oil. Add 4-6 sprigs fresh herb to 1 cup oil. Peppercorns and bay leaves add extra zest to these oils. Dried herbs can also be used to great effect—especially if the herbs are homegrown and dried on the stalk. The oil will bring out the oils in the herbs and be almost as flavorful as the fresh. The best use for these flavored oils is in recipes for cooking meats and vegetables.

Buttermilk marinades
Freshly chopped herbs such as marjoram, tarragon, chives, parsley, dill, and basil in buttermilk serve wonderfully for marinating meats for roasting or barbecuing. A bath in herbal buttermilk especially benefits lamb and pork. The buttermilk itself tenderizes the meat and enhances the flavor as do the herbs.

Buttermilk flavored with rosemary and sage is especially complementary to venison. Marinate a roast or stew-size pieces overnight in this mixture, drain, dredge in flour, and brown in a meat fat such as lard or suet. The resulting pan juices will produce a tangy, light-colored, smooth gravy.

Note: Meats marinated in buttermilk burn easily in the browning procedure because of the milk solids. Coat them well with flour and sauté in a sufficient amount of fat. Add salt and pepper at the end of the cooking time, not in the marinade itself, because the salt, particularly, will draw juices out of the meat.

Herbs for drinking
Chopped mint in buttermilk and yogurt is a welcome drink in many parts of the world, and there are many variations on that mix. Some include minced garlic and chopped cucumber as well, which make the drink more accurately a liquid soup.

Bloody Marys can be more perky with a sprig of basil or lovage added, or if they are made with a clam/tomato juice base, parsley and tarragon sprigs go well with them.

Add a freshly picked sprig of rosemary to a glass filled with ice cubes, white wine, and a little soda. A more strongly flavored wine for rosemary lovers can be made by pouring white wine over chopped rosemary leaves. Let stand a week to 10 days, strain, and serve very chilled or use as a base for spritzers.

Bouillabaisse of chicken

INGREDIENTS
1 cup onions, coarsely chopped
½ cup leeks, sliced or chopped
3 tablespoons olive oil
2 tablespoons tomato paste
3-4 cloves garlic, peeled
3-4 cups tomatoes, peeled and coarsely chopped
Bouquet garni (3-4 sprigs parsley, 2 sprigs thyme, 1 sprig oregano, 2 large basil leaves)
1 tablespoon fennel seed
1-inch piece dried orange zest
Large pinch saffron
Small pinch cayenne (optional)
3 cups chicken stock
2 cups dry white wine
Salt, pepper to taste
4-6 pounds chicken or Cornish hens, whole or cut into serving pieces
Chopped parsley for garnish

METHOD
☐ Sauté onions and leeks in olive oil in a large kettle until they are soft and translucent. Stir in tomato paste, garlic, tomatoes, bouquet garni, fennel seeds, orange zest, saffron, cayenne, stock, wine, salt, and pepper. Bring to a boil and boil gently 4-5 minutes. Add chicken, cover, and simmer gently until chicken is cooked—test for doneness by pricking with a fork to see if juices run clear from the bird. If sauce is too thin to adhere to chicken, remove chicken from the pot and reduce to desired consistency. Remove bouquet garni, return chicken, sprinkle with chopped parsley, and serve. Serves 6.

Summer squash with summer herbs

INGREDIENTS
4-6 cups zucchini, yellow squash, or pattypan squash, thinly sliced
3-4 tablespoons olive oil
3 tablespoons butter
1 tablespoon each parsley, chives, tarragon, basil, dill, chopped
1 clove garlic, minced
Salt, pepper

METHOD
☐ Sauté squash in hot olive oil in a large skillet until crisply tender and lightly cooked on both sides (keep turning slices gently to cook them evenly). Lift squash slices from sauté pan and set aside. Add butter to remaining olive oil and when just melted—be careful not to burn—add chopped herbs and minced garlic. Return squash to pan, toss with butter and herbs. Add salt and pepper to taste. Serves 6.

Herb butters

INGREDIENTS
4 tablespoons butter
1 tablespoon fresh green herbs, chopped
Salt, pepper

METHOD
☐ Cream butter until it is malleable an
blend in herbs. Add salt to taste if swee
butter is used; otherwise, add only peppe
Add herb butters to hot cooked foods, bu
take care not to brown or burn either bu
ter or herbs. Some good combinations:
Basil butter: steamed summer squash
cooked beets, carrots; raw radishes, an
as a spread for cucumber sandwiches.
Tarragon butter: lamb chops; fish; so
boiled, poached, scrambled, or fried eggs
Savory butter: green beans; broiled chick
en, pork chops; fried potatoes; onions.
Variations and hints: Add a drop or two o
Worcestershire sauce to herb butters fo
meats and a bit of lemon juice to thos
for fish. If the herb butter is passed sep
arately or left on a buffet table, it is
good idea to identify it by putting a spri
of the flavoring herb on top and pressin
it down in the butter lightly.

Herb jellies

INGREDIENTS
2 cups water, boiling
1 cup fresh herbs—rosemary, tnyme, sage cicely, tarragon, or mint
1½ cups sugar
¼-½ cup tart apple juice or vinegar
Few drops green food coloring (optional)
½ bottle pectin

METHOD
☐ Pour boiling water over herbs in a heat
proof jar or pitcher and let steep 20-25
minutes. Strain this herb tea into a heav
saucepan, add sugar, juice or vinegar, an
bring to a boil, stirring to dissolve suga
completely. If desired, add food coloring—
use a very light touch. As soon as the mix
ture comes to a boil again, stir in the
pectin. Bring to a boil once more and boi
rapidly for 1 minute, stirring constantly
Remove from heat, pour into sterilize
glasses, and seal. Makes 1-1½ pints.

Tabbouleh

(cracked wheat salad)
INGREDIENTS
1 cup bulgur (cracked wheat)
1 cup parsley leaves, chopped
1 cup mint leaves, chopped
½ cup onion, minced
½ cup scallion, including green tops, chopped
½ cup olive oil
¼ cup lemon juice
Salt, pepper to taste

METHOD
☐ Soak bulgur in a bowl in warm wate
to cover for an hour or more. Drain and
squeeze dry. Mix remaining ingredients
and toss with the bulgur. Chill thoroughly
and serve. Serves 6.
☐ *Note:* If you prefer a light mint flavor
ing and wish to make the dish well ahead,
toss the mint in just before serving.

Continued on page 132

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Simply Elegant Steak and Rice

1½ pounds tenderized boneless beef round steak
1½ tablespoons vegetable oil
2 large onions, cut in ½-inch slices and separated into rings
1 can (4 ounces) sliced mushrooms (drain; reserve liquid)
1 can (10¾ ounces) condensed cream of mushroom soup
½ cup dry sherry
1½ teaspoons garlic salt
3 cups hot cooked rice

Cut steak into thin strips. In a large skillet (oven-proof, if desired), brown meat in oil, using high heat. Add onions. Saute until tender crisp. Blend soup, sherry, liquid from mushrooms, and garlic salt. Pour over steak. Add mushrooms. Reduce heat, cover, and simmer for 1 hour or until steak is tender. (Or cover and bake at 350°) Serve over beds of fluffy rice. Makes 6 servings.

For more easy-to-make rice recipes, write to:
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Get the Rice out.

Rice Council of America

continued from page 130

Danish chervil soup

INGREDIENTS

2 large carrots, sliced
6-8 cups chicken stock (or use veal or pork stock)
3 tablespoons butter
3 tablespoons flour
½ cup fresh chervil, minced
½ cup cream
Salt, pepper

METHOD

☐ Simmer carrots in stock in a ket until tender, about 15 minutes. Strain a reserve stock. Melt butter in another ke over low heat, gradually stir in flour, a when the roux is smooth, add warm st slowly over low heat. Cook the soup ger for about 5 minutes. Add carrots and ch vil and finish soup by adding cream a salt and pepper to taste. Serves 8.

Easy green tomato dill pickles

INGREDIENTS

2 cups white vinegar
½ cup pickling salt
6 cups water
3 quarts green tomatoes (quartered medium-sized tomatoes or small gre cherry tomatoes)
8 heads fresh dill or about 24 leafy stalk

METHOD

☐ Combine vinegar, salt, and water i large saucepan and bring to a boil. W and pack tomatoes tightly into sterili pint jars with dill stalks. Pour the vinegar brine over tomatoes, seal, store 4-6 weeks before eating. Make pints.

Pickled cucumber strips

INGREDIENTS

1 large cucumber
Salt
1 teaspoon sugar
1 teaspoon mustard seeds
6-8 peppercorns
1 teaspoon celery seeds
1 leafy stalk dill
Cider vinegar

METHOD

☐ Cut cucumber in half lengthwise, move seeds, and cut into strips the w of a finger and as long as the pint or l pint jar they will be put into. Sprinkle salt and let stand in a cool place for eral hours.

☐ Pack cucumber strips into jars sugar, mustard seeds, peppercorns, ce seeds, and dill. Heat cider vinegar saucepan and pour over the cucum strips. Loosely cover jars and let stan

Continued on page



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Once you taste Libby's Juice Pack Peaches, Pears and Fruit Cocktail everything else tastes syrupy.

Lessons with flavor
continued from page 132

a cool place 24 hours. Drain pickling liquid from cucumbers (hold a fine strainer against the top of the jar to keep spices from floating out) into a saucepan, bring to a boil, and pour over cucumbers again. Repeat this procedure 4 times within 5 or 6 days, then seal the jars and let stand 2 weeks before eating. Makes 1 pint.

Red and green tomato relish

INGREDIENTS

6 large red tomatoes, peeled and quartered
6 large green tomatoes, ground into relish-sized pieces
1 green or red bell pepper, chopped
1 cup vinegar
1 pound brown sugar
2 cloves garlic, chopped
2 teaspoons salt
1 tablespoon paprika
1 teaspoon ground ginger or 1 teaspoon cumin

METHOD

☐ Mix together all ingredients in a heavy saucepan, add a small amount of water if necessary to prevent burning on bottom, cook slowly over low heat until mixture is thick. Taste for seasoning, spoon into sterilized jars, seal. Makes 2-3 pints.

Tarragon brandy liqueur

INGREDIENTS

¼ cup water
1 cup sugar
1 bottle brandy (a fifth)
¼-½ cup tarragon leaves
5-inch strip lemon zest

METHOD

☐ Combine the water and sugar in a saucepan, bring to a boil, and cook over medium heat about 5 minutes. Add this syrup to the brandy and pour over the tarragon leaves and lemon zest. Let stand for 5 or 6 days, strain, bottle, and seal. ■

Cooking with taste
continued from page 121

Filigreed crêpes with caviar

INGREDIENTS

2 tablespoons flour
Pinch salt
1 large egg
1 tablespoon butter, melted
About ½ cup milk, lukewarm
½ cup sour cream
1 4-ounce jar black caviar or black lumpfish roe
4 lemon slices, cut ⅔ way through and twisted
Fresh dill, chopped

METHOD

☐ Put the flour and salt in a small mixing bowl. Gently whisk in the egg and melted butter. Add milk until the mixture is the consistency of whipping cream. The crêpe batter does not have to rest before using.

☐ Place batter in a small pitcher. Pour batter into lightly greased crêpe pan to make 4 6-inch crêpes, cooking them on both sides. Then pour out a thin stream of batter onto the crêpe pan, aiming for lacy, thin loops joined in the middle. Make 4 of these filigreed crêpes.

☐ Place each solid crêpe on its serving plate. Spread with a layer of sour cream and top with a thin but dense covering of caviar. Place the filigreed crêpe on top. Decorate each crêpe with a lemon twist and a scattering of freshly chopped dill. Serves 4.

Chicken in chicken with rice and lemon sauce

"I have dedicated a clay pot to this dish. The top is covered with a permanent nesting chicken made from bread dough. The bottom holds the bird for roasting, and the rice is spooned around the chicken before serving. A simple replacing of the top keeps the chicken inside warm."

INGREDIENTS

A bread sculpture chicken, optional (method follows)
3 ounces butter
Salt, pepper to taste
Thyme to taste
1 bay leaf
1 3½-pound chicken
1 cup rice
½ cup Niçoise olives (small ripe olives in brine), pitted and chopped
2 tablespoons capers
1 tablespoon parsley, finely chopped
2 egg yolks
Juice and grated zest of 1 medium lemon
1 cup heavy cream, heated

METHOD

☐ Make the chicken sculpture several days ahead if you want to do it.

☐ Place 1 ounce butter, salt, pepper, thyme, and bay leaf in cavity of the chicken. Truss the chicken and place in baking pan or the bottom half of a clay baker. Rub chicken with 1 ounce butter and roast in a preheated 350° oven, basting often, until drumstick moves easily, about 1 hour.

☐ While the chicken is roasting, cook the rice—when done, stir in olives, 1 tablespoon capers, and parsley.

☐ When the chicken and rice are both ready, whisk together egg yolks, lemon juice, lemon zest, salt, pepper, and 2 tablespoons cream in the top of a double boiler or in a saucepan. Whisk over very low heat until the egg turns thick and frothy. Slowly whisk in the cream, bit by bit, and finally whisk in remaining 1 ounce butter, cut into chunks. Continue whisking until the mixture is steaming hot, but do not let it boil. Stir in 1 tablespoon capers, taste, and ad just seasoning.

☐ Spoon rice around the chicken in pot and replace the top to keep warm. serve, quarter the chicken, add a scoo rice to the plate, and ladle sauce over Serves 4.

Chicken sculpture

INGREDIENTS FOR BAKER'S DOUGH

4 cups flour
1⅓ cups salt
Water

METHOD

☐ Put flour and salt in a bowl and a water to bind into a firm paste. Knead w Refrigerate overnight.

☐ If you want to be able to remove dough chicken from the clay pot lid, c it with foil. Crumple another piece of to support the neck and head of chic sculpture. Form chicken using dough clay. Bake in a preheated 250° oven 1 hours or until hard. Give cooled chicke few coats of polyurethane.

☐ Make a nest of straw for the final sentation of the chicken dish, setting clay pot in the nest. You now have an ble chicken within a chicken sculpture

☐ You could also sculpt the chicken regular bread dough and eat it.

Elderberry fritters

From Summer Food*

INGREDIENTS

1 cup flour, sifted
¼ teaspoon salt
2 tablespoons unsalted butter, melted
1 tablespoon cognac
1 cup water, lukewarm
1 teaspoon sugar
Vegetable oil for frying
3 egg whites, room temperature
12 perfect, full, ripe elderberry flower clusters, with 1 inch of stalk left on
Granulated sugar
Elderberry leaves for garnish

METHOD

☐ Combine flour and salt in a bowl make a well in the middle. Add bu cognac, and water, gradually whiskin more and more of the flour until the ture seems smooth. Blend in 1 teasp sugar and let batter rest, covered wi towel, for 1 hour.

☐ Heat oil in a skillet—while it he beat egg whites to firm peaks and into the batter. Dip flowers into the ba and fry in the oil, stem end up. When ters are golden, lift out by the stem drain on absorbent toweling. Coat granulated sugar and serve immediat 3 to each plate. Garnish with a small sp of elderberry leaves. Serves 4.

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Crusted tomatoes

INGREDIENTS

1 small, long eggplant

lt
large, firm tomatoes
ve oil
arge onion, chopped
ound mushrooms, chopped
cup slivered almonds, lightly toasted and roughly chopped
cup parsley, finely chopped
ablespoon red wine vinegar
t, pepper
cup Gruyère cheese, shredded
sil sprigs

THOD

Cut eggplant into 12 thin slices, sprin- with salt, and leave in a colander to in. Cut the tomatoes in half crosswise d hollow the halves into cups with a lon baller.

Heat 2 tablespoons oil in a skillet and ok onion over low heat until tender. rn up the heat, add mushrooms, al- nds, parsley, vinegar, salt, and pepper d cook until the mushrooms have ren- red then reabsorbed their juices. Re- ve from heat and add half the cheese. ste, and adjust seasoning, then spoon xture into the tomato halves.

Wipe the eggplant slices dry and sauté m in oil until crisp and brown on both es. Top each tomato with an eggplant e. Place the tomatoes in a lightly oiled king dish and bake in a preheated 350° n about 10 minutes. Sprinkle remain- cheese on the eggplant slices and ce tomatoes under broiler briefly until ratin forms. Serve tomatoes in a shallow h that will just hold them and drizzle ntly with olive oil. Place basil sprigs be- en tomatoes. Serves 12. Serve at room nperature.

asta salad with sesame id cream

GREDIENTS

arrots, scraped and cut into 2-inch ulienne
talks celery, trimmed and cut into 2-inch julienne
ck outer peel of 3 medium zucchini, ut into julienne (reserve inner flesh or ratatouille or other dishes)
ck outer peel of 4 firm tomatoes, ut into strips (save flesh as with zucchini)
pounds homemade or good quality ettucine
up olive oil
cups heavy cream
up sesame seeds, lightly toasted
e of 1 large lemon
, pepper
sley

THOD

Give carrots, celery, and zucchini a f parboil in well-salted water. Allow vegetables to remain colorfully crisp. in thoroughly and refresh under cold er. Drain well, place in a bowl with the ato strips. Reserve.

☐ Cook the pasta in a kettle of boiling salted water until it is al dente. Drain and immediately sprinkle with oil so that each strand remains separate. Spread the pasta out somewhat and allow it to cool.

☐ Whip the cream in a bowl until lightly thickened but not firm. Stir in the sesame seeds and lemon juice and season generously with salt and pepper. Add the cream and half the vegetables to the pasta. Mix well and pour into an oval serving dish. Disperse the remaining vegetables on top and sprinkle with parsley. Serve at room temperature. Serves 12.

Country pie with herbs

INGREDIENTS

1½ pounds puff pastry or plain pastry given 2 turns, chilled
Oil
1 egg yolk beaten with water for glaze
5 eggs
1 cup heavy cream
½ cup Gruyère cheese, grated
1 tablespoon mixed parsley and chives, minced fine
Salt, pepper
Nutmeg
Watercress or lettuce leaves

METHOD

☐ Roll out chilled pastry on a lightly floured surface. Using a 1½-quart, 8-inch diameter, stainless steel bowl as a basic round shape, cut a freeform turtle from the pastry. Outline the head, four feet, and a tail and transfer the flat turtle to a baking sheet.

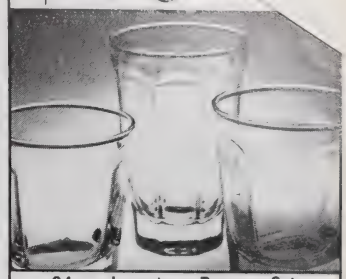
☐ Cover the bowl's exterior with aluminum foil and place it upside down on the baking sheet. Oil lightly. Reroll the dough and place a sturdy layer of pastry over the foil. Trim the round edge. Let both shapes rest 15 minutes, then bake in a preheated 350° oven 10 minutes. (Do not prick dough before baking.) Remove the flat turtle shape from the oven, but allow the dough on the bowl to bake another 10 minutes, then remove the bowl and foil from pastry. Brush the top with egg yolk and water glaze.

☐ Beat eggs, cream, cheese, herbs, salt, pepper, and nutmeg together in a bowl and pour into the pastry bowl. Wet the rim of both pastry pieces with a little of the egg mixture and place flat turtle shape on top of the pastry bowl. Return on baking sheet to the 350° oven for about 50 minutes. Halfway through baking, protect the turtle's feet and tail from excessive browning with aluminum foil. The eggs will eventually expand and, in effect, glue shell to body.

☐ Remove from oven and carefully tip the turtle. If the egg is not completely set, leave to bake a few minutes longer. If the interior is firm, turn turtle right side up and place him on a bed of greenery. Cut in pie wedges to serve. Serves 12.

Continued on next page

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directed by Julie Dannenbaum

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For information, call June La Du, toll-free (800) 624-6070; in W. Va. (304) 536-1110.

The Greenbrier

continued from preceding page

Four vegetable frittata

INGREDIENTS

Handful of green beans, thinly sliced
⅔ cup green peas
Salt
Olive oil
1 medium onion, finely chopped
1 large clove garlic, minced
2 medium zucchini, sliced
12 eggs
2 anchovy fillets, minced
Pepper
Small pinch cayenne
1 tablespoon mixed parsley and chives, minced
⅔ cup Gruyère cheese, grated
Watercress
Hyssop or violet flowers, optional

METHOD

☐ Parboil the green beans and peas together in salted water in a saucepan. When just cooked and still crisply green, drain and refresh under cold water.

☐ Heat 1 tablespoon oil in a heavy skillet and stew onion and garlic over low heat until tender. Sauté the zucchini briefly in a skillet, then combine the vegetables in a colander and press down on them gently to remove excess juices. Beat the eggs in a bowl until well blended. Add anchovy fillets, salt, pepper, cayenne, herbs, and half the cheese. Stir in the vegetables.

☐ On top of the stove, heat ⅓ cup olive oil in a 15-inch paella pan. Pour in the frittata mixture. Gently shake the pan over heat and stir lightly with a fork to place the vegetables evenly. When the egg is set on the bottom but still runny on top, sprinkle on the remaining cheese, dribble over another 2 tablespoons oil, and place pan under preheated broiler until lightly golden. Serve lukewarm to cool. Border the pan with a frieze of watercress and sprinkle with flowers. Serves 12.

Butterflied trout

INGREDIENTS

12 whole, scaled, ungutted trout, about ½ pound each
Flour
5 slices home-style bread
2 cloves garlic, peeled
1 bunch parsley
Salt, pepper
Juice of 1 lemon
About ½ cup olive oil
Watercress
4 large lemons, cut into wedges
Homemade mayonnaise
1 tablespoon spinach purée
1 tablespoon fines herbes, finely minced

METHOD

☐ Cut down both sides of the entire backbone of each fish just to the tail, leaving it intact. Cut the bone off at the tail end, then lift it up and out. The small intestinal section can be easily removed at the head. What is left should be the empty shell of the fish with head and tail intact. Rinse and dry fish well. Dip skin side into flour.

☐ Place bread, garlic, parsley, salt, pepper, and juice of ½ lemon in blender or food processor and blend to a fragrant green crumb. Divide mixture between fish and pat crumbs firmly onto the fleshy side of each fish, flattening out the fish.

☐ Heat oil in a large round or rectangular pan, preferably the final service dish, on top of the stove. When quite hot, place fish skin side down in the oil. Cook until the bottoms are crisply browned. Remove pan from heat and, with a bulb baster or spoon, scoop up the oil in which the fish have been frying and dribble it over the crumbs. When the bottom is dry, place fish under preheated broiler to lightly crust the crumbs.

☐ Mix together the mayonnaise, spinach purée, and fines herbes in a bowl. Squeeze the juice of ½ lemon over the fish and pipe a thin line of the mayonnaise down each fish. Garnish with watercress and lemon wedges. Serves 12.

Summer salad of greens and herb flowers

INGREDIENTS

1 large clove garlic
½ teaspoon coarse sea salt
A few peppercorns
1 teaspoon fines herbes (parsley, chives, chervil, tarragon) plus whole, fresh herbs to scatter on top of salad
About ⅓ cup red wine vinegar
Olive oil
1 head romaine
Assorted salad greens
4-6 tomatoes, cut into wedges
Flower petals—hyssop flowers, violets, chive petals, marigold petals, thyme or oregano blossoms, etc.—for color

METHOD

☐ Place garlic, salt, peppercorns, and fresh herbs in a heavy bowl or mortar. Pound with a pestle until the mixture becomes a smooth paste. Stir in vinegar, add olive oil to taste. Mix well, taste, adjust seasoning. Place dressing in salad bowl.

☐ Arrange large leaves of romaine around the bowl's edge. Heap salad greens, torn into bite-sized pieces, in the center. Place the central leafy core of the romaine at the center of the greens. Add tomato wedges, fresh herbs, and a final scattering of flower petals. Serves 12. ■

Space age comes home
continued from page 97

environments for long periods of time. The point is, obviously, that even the most perfect place begins to pale after a short period of time. This is precisely the challenge facing the engineers who design vehicles for space travel. One observer likens the task to trying to re-create the comforts of home within the confines of an automobile.

Quite a bit of thought has gone into the designing of space "homes." In confronting new problems, unexpected solutions often pop up that have a bonus benefit for old problems as well. This has happened with many of the materials and techniques developed for space.

One example is the space blanket. The astronauts needed a blanket that was lightweight, compact, and super-efficient at conserving body heat. A blanket was developed that weighs a mere few ounces, can be folded to fit inside a pocket, and has an aluminum coating that reflects heat. New York furniture and fabrics designers John and Sarina Mascheroni think space blankets are terrific for saving energy in the home. They recommend laying them on the floor under area rugs, stapling them onto walls that are to be covered in fabric, or using them as liners for draperies or even window shades. Says Sarina Mascheroni, "Space blankets need never be seen to be effective. If you don't like the way they look as a liner, try sandwiching them between two pieces of drapery material, or laminate window shades to either side." She finds space blankets, which most often are aluminum on one side and other colors on the other, at camping supply stores.

Fire-retardant fabrics made of Owens-Corning Fiberglas's Beta yarn coated with DuPont's Teflon were developed for NASA after a tragic ground-testing fire claimed the lives of three astronauts.

Advances in flammability technology may eventually result in window coverings that not only *conserve* heat but actually *produce* it. Emilio Ambasz, visionary architect/designer and former Curator of Design at the Museum of Modern Art, is reportedly experimenting with a system of vertical flat blinds containing filaments that conduct heat, generating warmth at precisely the location where it is most vital—the window. Lillian Levy, head of special projects for the Public Affairs office of NASA, put forth a similar idea over a decade ago in an essay called "The Domestic Side of Space" (in *Space: Its Impact on Man and Society*, Arno Press). She wrote that electrically sensitive fabrics, made of a 99 percent carbon fiber, used as an ablative on the heat shields of some rockets, could be easily adapted to "Space-Age draperies" powered by tiny, half-volt transistor batteries.

Similar technology has been applied to warmth-giving socks, mittens, and long underwear, which contain heating elements connected through insulated strips of wire to a small battery worn on the body, on the principle of an electric blanket. A spokeswoman from Timely Products, Inc., in Fairfield, Conn., one of the manufacturers of such gear, says the problem with adapting the idea to draperies is finding a battery that would

long enough. Their batteries nor- need recharging after 4-5 hours.
intriguing as heat-giving fabrics is hnology that may result someday in ing walls! Lighting engineers have oped a substance that is, in effect, at bulb in thin, sheet form. Called troluminescents," this opaque ma- —or combination of materials—is oximately 1/16 of an inch thick. When ged into a normal socket, the sub- e emits a soft, colored light. What's , through the use of silkscreen pro- s, one can print luminous shapes on ored background. While some col- t present are more receptive to the nology than others—namely blues greens—lighting designer James olls feels this may improve as the nology is refined. At present, elec- minescents are used primarily as grounds for digital clocks and signs, Mr. Nuckolls sees no reason why might not eventually be applied to , baseboards, or as backgrounds for s or art. Perhaps electrolumines- are what Ms. Levy envisioned she predicted in her book that ances in electronics may eventually er paint and wallpaper obsolete."

nflammable paints have also been by spacecraft designers to safe- d against fire. They use what is d "intumescent" paint, which means when it's subjected to heat above degrees Fahrenheit a chemical reac- causes a protective foam, up to hes thick, to form. This foam pre- the transfer of heat to a com- ble surface for a period of 8 to 10 tes. According to John O'Rourke, codes expert and former general ager for a pioneer producer of fire- dant paints, there are many useful cations for the paint, especially in buildings that contain a great deal ood. He recommends fire protection ood paneling and wainscoting with ar intumescent varnish made by the rican Vamag Company, Ridgefield,

ong with anxiety over energy and y, there is growing concern for ris- water costs. On a spacecraft, where r is in limited supply, a recycling m is of vital importance. NASA ied its knowledge of water recy- to a partial system at a futuristic CH" house in Langley, Va., built to and monitor space-age innovations me building. The TECH house sys- reclaims water from the bathtub, , and washing machine, then recy- it for use in toilet flushing—an act accounts for almost 40 percent of verage family's water expenditure. this point, problems in purifying r from the kitchen sink, dishwasher, garbage disposal, which contains or- c food particles difficult to filter, pre- a total recycling system from being omical. But the TECH house sys- is a step in the right direction.

Another interesting feature of TECH house is a security device for warning of intruders, patterned after a seismic (shock) measurement tool implanted on the surface of the moon. A seismic detector buried in the lawn can "sense" approaching footsteps and alert the occupants of the house by emitting radio signals. An antenna under the eaves of the house reflects the signals indoors, where they can be picked up by a standard FM radio, tuned to certain frequencies. What's more, the pace of the footsteps—whether fast or slow, running or walking—can be determined by the type of signal transmitted.

Another security gadget in TECH house is an ultrasonic (extremely high frequency sound waves, inaudible to human ears) transmitter that can send a signal to turn on the porch light from a distance of 30 feet! The device is about the size of a fountain pen.

THE MAGIC POWERS OF SOUND AND LIGHT

Imagine how alien this new technology would seem to our great-grandparents. The very concept of transferring information between two points not physically connected would have shocked a culture just grappling with the mechanization of their world. Italian-born designer/artist Remo Saraceni has been fascinated by this new realm of sound and light. "The ability to send powerful beams of energy from Point A to Point B, without going through wire, or water, or anything else, has thrust us into a new electro-magnetic frontier," says Mr. Saraceni, who worked with NASA in developing the lunar landing gear. "Ultrasonics can accomplish astonishing feats. When projected in water, they cause it to vibrate intensely, producing a remarkable cleansing action." NASA engineers use ultrasonics to clean delicate rocket components, and now other equipment is being cleansed in the same way. Dentists use these powerful sound waves to purify instruments, and even to clean tartar from their patients' teeth! The Japanese are reportedly experimenting with an ultrasonic bath for the home, and eventually, engineers may perfect a kitchen sink that uses ultrasonics to automatically scrub and scour dirty dishes!

Mr. Saraceni's spacious loft is filled with interactive sculptures and "high-tech" objects for the home that glow with light or burst into sound when a person walks by. During the Bicentennial, he created an exhibit in Philadelphia in which thousands of bubbles were released as a visitor repeated the phrase "The American Way." He and a handful of other enlightened designers have found a new use for ultrasonic technology in the "switchless" control of lighting. Called "motion detection" devices, or, in Mr. Saraceni's parlance, "people-activated lighting," the devices emit a series of inaudible signals that are sensitive to movement. Basically, an ultrasonic transmitter fills a volume with a series of tones that bounce around space in a continuous pattern. When someone enters the space, that pattern is interrupted and a new signal triggers the ultrasonic receiver to switch on a light. According to lighting designer James Nuckolls, a great proponent of switchless controls, the technology has been applied for some time to activate burglar alarms. Only recently have designers begun to apply the technology to lighting.

In his own apartment, Mr. Nuckolls employs such a device in his entrance hallway. Not only is the device a conserver of energy in that the light only comes on when needed, then goes off when the motion has passed, but it is effective at warding off unwelcome intruders. Last year, a number of apartments in Mr. Nuckolls' building were broken into, but apparently, the burglar was scared away from his home by the sudden appearance of hallway lights!

There are other sources of motion-detection controls than high-frequency sound waves. Mr. Saraceni has installed a simple gravity detection device, hidden under carpet, in the Scalamandré fabrics showroom at the to-the-trade center, The Marketplace, in Philadelphia. Besides enchanting the many curious customers—who marvel as light precedes their tour through the room—the system has cut fuel bills almost by half.

Still another system utilizes infrared light waves, which seek heat as a means of activating controls. According to Mr. Nuckolls, ultrasonic systems are more effective at filling large volumes, while infrared sources can be better trained to cover a small, specific space.

Even more powerful than ultrasonic signals are the concentrated, high-intensity light waves resulting from Laser (Light Amplification by the Stimulated Emission of Radiation) technology. Lasers are being used to clean antiques, sculptures, and jewels, to cut and weld with tremendous and rapid force.

The pursuit of a sensitive device for X-ray imaging in space led a NASA scientist to develop a portable compact X-ray machine that will be invaluable here on earth. Dr. Lo I Yin, who works in a NASA Laboratory for Astronomy and Solar Physics, in Greenbelt, Md., explains that the heart of the device is a "night vision image-amplifier" borrowed from the U.S. Army. The image-intensifying tube amplifies very faint light into bright light. Scientists had already devised a way to get X-rays from a small phosphor source, but the visible image was very faint. The army image-intensifier allowed Dr. Yin to couple the two technologies into an X-ray machine that is lightweight, as compact as a pencil sharpener, and completely portable.

Continued on next page

The Lixiscope, as the tool was named, will complement, not replace, existing X-ray technology, according to Dr. Yin. In medicine it will be useful in surveying extremities. Dentists will find it convenient for surveying the mouth. The tool does have the advantage of a reduced X-ray source, which will spare patients excess exposure to radiation. The Lixiscope has a promising future in industry as well, predicts Dr. Yin. He feels the device will be used for examination of complex machinery parts, such as electronic components.

Alvin Toffler wrote in *Future Shock*, "We all learn from our environment, scanning it constantly—though perhaps unconsciously—for models to emulate. These models are not only other people. They are, increasingly, machines." Knowingly or not, we have been irrevocably influenced by the "machine"—in its broadest sense—that lifted us into the terrifying, but beautiful realm of space. In two short decades, the technology that got us there has begun to filter down into the most basic aspects of our lives. Take computerized banking transactions, made possible by microelectronics. Within days of its introduction in New York, customers were lined up in front of little machines that blink "Hello, may I help you?"—as if they had been doing it all of their lives. And if *we* are conditioned to the rapid-fire advances of technology, our children will be even more so. How many children over four years old have escaped being exposed—and enraptured—by the spin-off toys from *Star Wars*, and now *Battlestar Galactica*? Will this generation—accustomed to rockets and robots, rather than teddy bears and trains—find anything at all unusual about battery-powered curtains or electric walls?

It is not an exaggeration to say that we are on the forefront of a new scientific age—one with perhaps more manifold impact on our lives than the great industrialization of the world. We cheered en masse as *Star Wars*' young hero dueled with a Laser gun. Our media-hungry children watch wide-eyed, but with surprisingly little skepticism, as Wonder Woman performs her superhuman feats. Yet while science fiction continues to draw a wider and less dubious audience, science fact is rapidly closing the gap that has long kept the two light-years apart. Some scientists feel that a *Six Million Dollar Man* is a plausible eventuality. Holograms—three-dimensional images on film—are the realization of sci-fi's fantasy of dematerialization. Can there be much doubt that the long-heralded space age is not a probability for tomorrow but a reality of today? ■

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COVER
Upholstery and curtain fabric: "Poppy Vase" blue cotton chintz. 48″ wide. From Designers Guild*, London, England; at Brunschwig*, NYC 10022. **Painting over sofa:** "Do You Fly Alot?", oil on canvas. 73″ x 80″. By Eliza Moore, 1977. At Betty Parsons Gallery, NYC 10019. **"Garrick" knitted wool rug:** 9.8′ x 17.3′. Fringed. Handmade in Germany. Custom colored and sized. From Stark Carpet*, NYC 10022. **"Radius" coffee table:** 36″ sq. x 16″ h. 4″ thick acrylic. Signed, limited edition of 50. Various sizes. By Eric Mulvany. From Les Prismatiques*, NYC 10022. **Handwoven wicker ottoman:** 30″ x 25″ x 17″ h. Loose seat cushion. #CO-175. From Wicker Works*, San Francisco, and Jack Lenor Larsen*, NYC 10022. **Venetian mirror:** 31″ x 38″ h. $1,000. At Bloomingdale's, NYC 10022. **Lacquered stools** 15″ x 19½″ h. Carved wood. Mother-of-pearl inlay. 19th century. From China. $595 ea. At Lord & Taylor, NYC 10018. **Crystal ashtrays on stools:** 5″ x 3″ h. **Porcelain Fruit of Happiness on coffee table:** 5″ and 4″ heights. Green, dark pink, and mauve glazes. Both at John Rosselli Antiques*, NYC 10021. **Handblown Venetian glass ashtray on coffee table:** 7¾″ d. By Glass Works. From Jack Lenor Larsen*, NYC 10022. **Lucite curtain rod:** 2″ d. pole. At Canal Street Plastics, New Rochelle, NY 10801. **Pleated window shades:** "Templar II" Solar Control Screening. About $10-$14 a yd. From Isabel Scott Fabrics*, NYC 10022. Custom made by Bronx Window Shade & Awning, Bronx, N.Y. 10451. **Paint on walls:** Blue Manor flat interior latex. By Pittsburgh Paints.

WORLD IN A ROOM
Pages 98-99, large photo
"Stage One Group" sofas: Left arm, 91″ x 40″ x 30″ h. $1,075. Armless, 79″ x 40″ x 30″ h. $950. By Selig. **Fabric on sofas:** Herculon "Atlas" Pewter velvet. By London Mills. **Host chairs:** 22″ x 30″ x 33″ h. $175. **Side chairs:** 20″ x 27″ x 33″ h. $145. Chrome frame. Woven rattan seat. Both from the "Wickertree" collection by Selig. **Carpeting on walls:** "Acousticord" natural wallcovering. 6′7″ wide. Wool/mohair and nylon. $13 a sq. yd. **Carpeting on platforms:** "Tretford" natural carpeting. 6′7″ wide. Wool/mohair and nylon. $16 a sq. yd. Both by Eurotex. **"Suede Look" carpeting on floor:** All Antron nylon III face. $26 a sq. yd. By Halston for Karastan. **Vertical blinds:** By LouverDrape. **"Radius" extension table:** 48″ x 48″ x 29″ h. Opens to 48″ x 66″. From Design Institute America*, NYC 10021. **Lighting tracks:** 12′, $43. 4′, $26. 2′, $18. **"L" connectors,** $12. **Cinema/Barn door fixtures, $121 ea.** By Swivelier. At Light/Inc. NYC 10021. **Chrome trimmed shelf lighting:** From Raymor/Richards, Morgenthau*, NYC 10010. **Wicker baskets on left shelf and center window:** Set of three, $150. From LCS*, NYC 10021. **Collection of photographs:** By Dorothy Norman, André Kertész, Walker Evans, Jim Hinkel, Stephen Shore, M Epstein, Adam Bartos, Aaron Sisk Grant Mudford, Harold Jones, Be Friedman. At Light Gallery, NYC 10(
"Polavision" instant motion picture syst Hand held camera, $184. Tabletop pla $515. Film Cassettes, $9.95 ea. By Polar
Page 99, top inset
Spool tables: Synthetic fossil stone. Fi Fotia Stone*, Long Island City, NY. **B holding peaches:** Filipino communal bo Hand-hewn wood. From LCS*, NYC 10(
Ceramic jars in window: From LCS*, N 10021.
Page 99, middle inset
"Perfect Setting" stoneware dinner pl 10½″ d. $6.25. **Platter:** 19¾″ x 16″. $ Both by Jepcor International. At Bloomi dale's, NYC 10022. **"Oblique" stainless s flatware:** 25-pc. service for 4, $40. By St ley Roberts. At Bullock's. LA, 90014. **Ra and polyester napkins:** 20″ x 20″. $1.75 By Vera. **"Thor" handblown crystal gobl** 14 oz. $12. By Svend Jensen. At Bulloc LA 90014. **Ceramic jars:** From LCS*, N 10021.
Page 99, bottom inset
"The Utica Pipeline" cotton and polye sheets: "Canterbury" loom woven blan Both by Utica Fine Arts for J. P. Steve **Mohair throw:** 4′ x 7′. $110. From N tucket Looms, Nantucket 02554. **Post pedic mattress:** By Sealy. **Desk lamps v shades:** Chrome finish. $53. ea. By Swivel At Light/Inc., NYC 10021. **Alumin trays:** $15. At Of All Things, NYC 100 **9″ portable black and white televisi** 12½″ x 10″ x 9″ h. Uses AC househ current, DC car and boat cigarette ligh or optional battery pack. **Modular reco ing system:** 23¼″ x 16¾″ x 11″ h. **Spe ers:** 11″ x 8½″ x 20″ h. Records fr stereo FM/AM radio, records, 8-tracks, external sources. $300. **FM/AM clock dio:** 11¾″ x 6½″ x 4″ h. Touch bar alarm off and snooze control. $59.95. by Magnavox.
Major furnishings available in mid Janu at Jordan Marsh, Boston 02107.

DESIGN FROM ITALY
Pages 100-103
Slatted chair of molded plastic: From nini Fain, 60025 Loreto (Ancona), via B mante 106. **Canvas folding chair:** Appr 44″ by 52″ h. By Creare. Via Montegra 46, 28066 Galliate (Novara) Milano, It **Two seater chair with canvas cover:** Fr Cinova. At Linea Plus*, NYC 100 **"Wave Chair":** By Giovanni Offredi Saporiti Italia. From Campaniello Impo NYC 10022. **"Concordia" armless ch** Approx. 35″ w. x 34″ h. By De Pas, D' bino, and Lomazzi for Zanotta. From IC NYC 10022. **"Aria" canvas covered ch** About 36″ x 24″ x 30″ h. By Italo Mer for Flexform. 20036 Meda Italia. **Dive Collection of folding chairs:** "Cirip Straight tailored. No padding. "Bambi lounge chair. "d'Essai" campaign chair. Lucchino Oltrona Visconti for Barn Visconti. 20052 Monza (MI), Piazza Ci rio 2. **Steel-framed chair upholstered in c vas:** By Le Corbusier for Cassina. Fr Atelier International*, NYC 10022. **St framed chair with leather seat and ba** By Marco Zanuso for Zanotta. From IC NYC 10022. **"Sistema Scuola" plastic fur ture system:** By Kartell. From Bevleria NYC 10021. **"Bric" wall system:** By Anto Astori De Ponti, and Enzo Mari for Dria From Abitare, NYC 10022. **"Acquari**

m: By Roberto Pamjo and Renato for Stilwood. From Howard Davis*, Augustine, Florida 32084. **"Program- Valentino" sofa:** From Flexform, 6 Medea, Italia. **High back sofa:** e pillow back cushions. Single loose cushion. Approx. 104" x 42" x 36" h. n Biesse. At Arbitare, NYC 10022. **dus" dining table:** 57" sq. x 29" h. n Sormani. At Linea Plus*, NYC 2. **"Circle-in-five" table:** 50" x 30" h. n Pedanoshop, Viale Umbria 126. **l framed sofa with canvas cushions:** orbusier for Cassina. From Atelier In- tional*, NYC 10022. **"Plano" folding :** From Castelli Furniture, NYC 10022. **uered wood cabinet:** 33" x 12" x 47" h. Koni Ochsner for Tecta Mobel, 471 nforde, Germany. **Plastic lamps:** From inelli Luce. At Mel Brown Internation- A 90003. **"La Torre" lamps:** By Gae nti for Martinelli Luce, Via T. Ban- ni 145, 55100 Luccas Concordio. **Rice r lamp:** About 5' h. By Ingo Maurer Design M. At George Kovacs Lighting, 10021. **Outdoor lights:** By Ezio ne for Arteluce. At Atelier Interna- l*, NYC 10022. **Opalescent glass table :** By Romolo Lanciani for Enrico nconi, Viale Cassala 55, 20143 Milano, a.

ANYWHERE CHAIR

s 104-105

ting behind table: "Arcadia" acrylic on as. 72" x 84". By Cynthia Polsky, 1972. 00. At Andrew Crispo Gallery, NYC 22. **Striped durrie rug:** 9' x 12'. From a. $1,728. From Rosecore Carpets*, 10022. **Tablecloth fabric:** "Tulip" ed chintz. 49" wide. 30½" repeat. 50 a yd. From Brunschwig*, NYC 2. **"Drabware" earthenware:** 5 pc. place- ng. $45. By Wedgwood. **"Column" tal clarets:** 7¼ oz. $16.50, ea. By fors. At Bloomingdale's, NYC 10022. **infield" flatware:** 5 pc. placesetting. 75. By Kirk Pewter. At Bullocks, LA 4; Woodward/Lothrop, Washington, . 20013. **"The Club stripe" cotton nap- :** 20" sq. $7.50. At Groundworks*, 10022. **Chrome commercial clock:** 98. By General Electric. **White ceramic llesticks:** 7" h. From Portugal. $7.75. At hattan Ad Hoc, NYC 10021. **"Town & ntry" earthenware:** 5 pc. setting $22.30. tangl Pottery. At Lizzie Ann's Antiques Gift Shop, Sutter Creek, Calif. 95685.

CK STITCH QUILT

es 106-107

htning" cotton quilt-top kit: Pre-cut es and instructions. Includes *How To e a Quilt* by Bonnie Leman. 72" x 90", 82" x 96", $40. 90" x 108", $45. Ship- . $1.75. Polyester batting and cotton king also available. Other designs avail- . Color catalog, $1. From Gutcheon hworks, 611 Broadway, NYC 10012. **rgundy" handmade ceramic dinnerware:** es: 12" d. $24. Pitcher: 10" h. $60. ter: 16" d. $60. **Solid brass octagonal kin rings:** $16. **"Le Bec Fin" cotton nap- :** 20" sq. $5 ea. All from Groundworks*, C 10022. **"Gabrielle" wine glass:** 10 oz. 0. Goblet: 14 oz. $8.50. By Sigma. At ert des Forges, NYC 10003. **"Gour- " flatware:** Dark brown resin handles stainless steel prongs. Dishwasher-safe. c. placesetting, $25. By Sigma. At I. gnin, San Francisco 94108; Mayhew, C 10022. **"Peugot" natural wood salts peppers:** Salt shaker, $7.95. Pepper grinder, $9.95. At Design Research, NYC 10022. **"French Mono" pillows:** 16" sq. Cotton cover. Polyester fiber filled. $10, ea. From International Printworks, Newton, Mass. 02159.

SUPER KITCHEN, Pages 108-113

Materials and Equipment

Walls and ceiling: Sealed, rough sawn fir plywood siding. Class 303-0. 4' x 8' x ⅜". By Georgia Pacific.

Flooring: 2" x 2" porcelain unglazed white ceramic mosaic tile by American Olean Tile.

Cabinets: "Zeilodesign" in Edelweiss (white) with a velvet coral finish. Chrome-plated grips. Single laminate sheet for front and back creates rounded edges. By Allmilmo, 122 Clinton Rd., Fairfield, NJ 07006. **Corian countertops and double sink:** Cameo white. Standard drain hole. Lengths up to 145". By DuPont.

Stainless steel laundry sink: (#DLFR 2519-12). **Sink faucets:** Custom chrome-plated brass. Goose neck faucet and wrist-blade handle. Both by Elkay. **Door handles:** (#115). Durable white nylon. By Ironmonger*, **Range hood and firescreen:** Galvanized steel. Green baked enamel finish on hood. Both custom made by P.M. Range Hoods. **Wood burning stove:** Forest green heavy enamel-coated cast iron. By Jøtul. **Chimney:** Insulated, stainless steel casting with pre-fabricated liner. By Metal Bestas. **Awning:** #1104 canvas acrylic. By Glen-Raven Mills.

Major Appliances

Oven: (#CMT20). Thermatronic II bi-level combination oven. 23¼" d. x 25⅜" w. x 55⅞" h. Black glass doors. Push button thermostatic dials with brushed aluminum trim. **Top oven:** Combination microwave/conventional unit. Both systems can operate simultaneously or separately. **Bottom oven:** Conventional electric only. **4-burner electric cooktop with griddle:** (#TM45). Stainless steel. **2-burner electric cooktop:** (#ST2). Stainless steel. **Trash compactor:** (#HTMC26). Front panel in "Edelweiss" finish to match cabinets. **6-cycle dishwasher:** Stainless steel interior. Front panel in "Edelweiss" finish to match cabinets. **Custom hood ventilator:** (#VR1000). Wall speed control. **Waste disposal in kitchen sink:** (#SS8000). Stainless steel. All by Thermador. **Refrigerator-freezer:** (#361-RFD). 24" d. x 36" w. x 84" h. Doors in "Edelweiss" finish to match cabinets. By Sub-Zero. **Washer-Dryer:** (#LC-3 in white). 32½" d. x 24" w. x 65¾" h. Stacked units. 4 wash-rinse cycles. Automatic dry cycle shuts off when clothes are dry. By Frigidaire.

Furnishings

Pages 108-109

"Vertebra" chair: Molded plastic with steel legs. Adjusts shape automatically. $116. By Krueger. **Dining table:** Composition top. **Floor lamp:** Anodized aluminum. Both custom made by Redroof Design. **"Minosse" suspension lamp:** Lacquered metal. Red with white interior. 26" d., $152. 36" d., $335. At Ambienti Design, NYC 10021. **Battery operated wall clock:** $31.95. By Exactron. At Manhattan Ad Hoc Housewares, NYC 10021. **Wide flood light:** $125. Tracks: $13 ea. Louvers: $20 ea. All from Lightolier, NYC 10016. **Crayonne board:** 7½' x 3' self-edged. Korok white porcelain on steel. By Enamel Products. **Stainless steel stock pot on range:** 16 qt. capacity. $54. At Manhattan Ad Hoc Housewares. NYC 10021.

On counter: Food processor: Tandem blade action and pulse control. Double interlock safety system. $180. By Waring. **Hand blown Venetian glass cylinder vase:** $242. From The Wicker Works*, San Francisco 94110 and Jack Lenor Larsen*, NYC 10022. **Covered pine butter box:** (Q115) $80. From Sweden. At Harriet Amanda Chapman, NYC 10010. **"Blueberry" stoneware buffet plate on table:** $17. From Lauffer. At Bloomingdale's, NYC 10022. **"Circus Chair":** Folds for storage to 46" h. Canvas. Available in sand or natural. $84. By Gold Medal. **Persian Kilim rug:** 19th century. $2,500. At Artweave, NYC 10028. **Modular chrome wire uprights and "Erecta" shelves:** By Metropolitan Wire. At Manhattan Ad Hoc Housewares, NYC 10021. **Beogram turntable:** One touch control. $350. **Beogram receiver:** Touch sensitive switch. Volume memory. $495. **Speakers:** 10" x 8" x 19" h. $300 a pair. By Bang & Olufsen. **Covered ceramic bowl on wire shelf:** Acadian design. Hand thrown. By Hartstone. At Schreibman's, Pepper Pike, Ohio 44124.

Page 110, top right

"Calphalon" saucepan on cooktop: 4½ qt. capacity. With cover. $48. By Commercial Aluminum Cookware. **Polished aluminum cooker-canner on counter:** 22 qt. capacity. Includes cooking-canning rack. $73.90. By National Presto Industries. **Kitchen scale on counter:** 10 lb. capacity. French dual dial weights in grams and ounces simultaneously. $23. By Terraillon. At Bloomingdale's, NYC 10022. **Wall mounted dish rack:** Vinyl coated metal. 23½" long. $13. At Manhattan Ad Hoc Housewares, NYC 10021.

Page 110, top left

Corner cabinet left of cooktop: (E9061) Stand area, 37" x 37". Round vinyl coated spin shelves and angled door. **Cabinet under cooktop:** (K122). Fitted with three gliding pull-out coated wire baskets (ADT60). **Tray cabinet under counter, right of cooktop:** (T3013R). 30" h. Additional dividers available. All by Allmilmo. **Magnetic knife rack:** 12" long. $6.95. **Henckel knives:** Treated hardwood handles. Both at Manhattan Ad Hoc Housewares, NYC 10021. **Professional knives:** Polypropylene handles. Stainless steel blades. From $7. by W.R. Case & Sons Cutlery. **Carbon Steel Sabatier knives:** By Charles LaMalle. At Thomas Cara, San Francisco 94133; Kitchens, Houston 77098; Pampered Kitchens, NYC 10003. **Hanging pan:** "Calphalon" non-stick aluminum butter warmer: $12. By Commercial Aluminum Cookware. **Enamel coated cast-iron saucepan:** 1 qt. capacity. $24.95. By Le Creuset. From Schiller & Asmus. **Enamel coated cast iron teapot.** 2½ qt. capacity. $29.95. By Cousances. From Schiller & Asmus. **Ceramic crock holding spoons:** 7½" d. $11.95. **Wire egg baskets:** Small. $10.50. Large, $15.75. At Manhattan Ad Hoc, NYC 10021. **"Show-it-all" glass canisters:** In small diameters: ½ liter, $4.95. 1 liter, $5.95. 1.5 liter, $6.95. 2 liter, $7.95. Available in two diameters. By Corning Glass Works. **Maple cutting board:** 14" x 20" x ¾". By Marten's Manufacturing. At Hudson's, Detroit 48226; Jordan Marsh. Boston 02107. **Heavy-duty aluminum stockpot on bottom revolving shelf:** 11 qt. capacity, $57. **Heavy-duty aluminum braziere:** 13 qt. capacity, $130. Both by Charles LaMalle. At Thomas Cara, San Francisco

Continued on next page

94133; Kitchens, Houston 77098; Pampered Kitchens, NYC 10003. **In right cabinet beneath cooktop: Copper lined steamer:** 1½ qt. capacity. Brass handle. $87.50. Stainless steel insert, $63. By Spring Brothers. At The Cookery, Highland Park, Il 60035; Kitchen Sink, Miami, Florida 33186. **Enamel coated cast iron round French oven:** Sienna color. $50. By Le Creuset. From Schiller & Asmus. **Heavy aluminum saucepans:** 1 qt., 1½ qt., 2 qt. By Charles LaMalle.

Page 110, bottom left

Two-door cabinet, open: (K902). Bottom pull-out shelf (AB90). On telescopic glides. Adjustable top shelf. By Allmilmo. **Top shelf: Cake pan:** $18.25. **Rack:** $9. By Williams-Sonoma. **"Easter Egg" cake molds:** 9⅝" x 17⅝". $26. By Housewares of All Nations. **Bottom shelf: Toaster oven:** Removable tray. Pop open door. $42. **Electric meat slicer:** Removable $6^{11}/_{16}$" blade. Adjustable slicing thickness. $53. Both by General Electric. **Pasta Machine:** From Italy. $129.50. At Hammacher Schlemmer. **Coffee grinder:** 3 oz. capacity. Available in white, yellow and tangerine. $25. By Krups. **Porcelain mortar and pestle on table:** From England. $17.50. At Harriet Amanda Chapman, NYC 10010.

Page 110, bottom right

Rosewood handled chef's knife: Stainless steel blade. **Pepper mill:** 10½" h. $25. Both by Charles LaMalle. At Thomas Cara, San Francisco 94133; Kitchens, Houston 77098; Pampered Kitchens, NYC 10003. **White covered paté terrine:** 1½ qt. capacity. $29.95. By Le Creuset. From Schiller & Asmus. **Zyliss plastic egg separator:** $3.50. By Housewares of All Nations. **White nested mixing bowls:** English Gripstand. Small, $6.50. Medium, $9. Large, $14. At Manhattan Ad Hoc Housewares, NYC 10021. **Handled flour sifter:** $5. By Housewares of All Nations. **Storage unit: Left cabinet:** (PA4532) Top drawer on roller glides. Two high stable coated wire baskets on telescopic glides. **Right cabinet:** (KF4524) Two pull-out coated wire frame units on roller glides. By Allmilmo.

Page 111, top left

"Fairhill" silverplate: 5 pc. placesetting. $10. By Oneida. **Rust napkins:** $2.50, ea. **Butcher style apron:** $14. Both by Katja for Wellman Inc. At B. Altman, NYC 10016. **Orange zyliss drawstring plastic salad spinner.** $20. By Housewares of All Nations. **Hardwood salad bowl:** 15" d. $32.95. **Wooden chop board:** 7" sq. $5.29. By Marten's Manufacturing. **Glass salad bowl:** $25. By Lauffer. At Mayhew, NYC 10022. **Wooden serving plates:** 13" d. $45 ea. From Italy. At Ambienti, NYC 10022. **Glass cake stand:** $25. Cover: $25. At La Cuisinere, NYC 10021.

Page 111, top right

Three legged adult stool: Laminate seat on birch legs. $63. By Alvar AAlto for ICF*, NYC 10012. At Art et Industrie, NYC 10012. **Log basket:** From Poland. $45. At Manhattan Ad Hoc Housewares, NYC 10021. **Fireplace tools:** Custom made by Redroof Design. **Hand-turned wooden bowl on stool:** From Sweden. $110. At Harriet Amanda Chapman, NYC 10010.

Page 111, bottom left

Laundry unit: 46" ironing board. General Electric iron included. Birch door can be painted or stained. $260. By Iron-A-Way. **Cabinet, open:** (GH685-32) Fitted with ironing unit. By Allmilmo.

Page 111, bottom right

Wall cabinet above sink: (WK53-5D) Lift-up flap and one adjustable shelf. **Storage cabinet right of sink:** (VH4546R). 2 connected doors, 4 inside shelves, 2 plastic 6-litre containers, 2 pull-out units with wire frame, 1 deep wire basket, 1 coated door shelf with 3 racks. Pull-out units on telescopic glides. Both by Allmilmo. **Earthenware molds:** Charlotte. $22. Brioche, $22. Savarin, $24. By Charles LaMalle. At Thomas Cara, San Francisco 94133; Kitchens, Houston 77098; Pampered Kitchens, NYC 10003. **Soufflé dishes:** Small, $5.50. Medium, $6.50. Large, $7.25. Extra large, $8.25. At Manhattan Ad Hoc Housewares, NYC 10021. **"Flame Fighter" fire extinguisher:** For grease, electrical, oil, paint and gasoline fires. $14.95. By Norelco. **"Just White" covered saucepan:** 2 qt. capacity. $11.50. Microwave browning grill: $19.95. By Corning Glass Works.

Page 112, top left

Flared dish holding crudites: Hand blown Venetian glass. $300. At Jack Lenor Larsen*, NYC 10022. **"Coffee Plus"** electric twin system machine: 60 oz. capacity. $80. By Krups. **Fish plates:** From France. By Charles LaMalle, NYC 10010. **"Nielstone" stoneware:** 4 pc. placesetting. $32.95. By Dansk. At Bullock's, LA 90055; Crate & Barrel, Northfield, Il., 60090; Garfinckel's, Washington, D.C. 20004. **"Trina" pitcher:** 1 qt. capacity. By Svend Jensen. At Bloomingdale's, NYC 10022; Gimbels, Pittsburgh, Pa. 15222. **Stainless steel ice bucket:** $72. By Lauffer.

Page 112, top right

Natural canvas and wood director's chair: $39. Lounge chair: Available in spring and summer only. At Conran's, NYC 10022. **Plastic rolling cart:** $75. By Beylerian. At Bloomingdale's, NYC 10022. **Party grill:** Enameled sheet. Spit attachment. 34" h. $79.95. By Hammarplast. **"Stac" pitcher on rolling cart:** $17.50. **"Inga" wine goblets:** $8.50. Both by Svend Jensen. At Bloomingdale's, NYC 10022; Gimbels, Pittsburgh 15222.

Page 113

Pasta tree: Base and stems disassemble. $7.50 ppd. By Kitchen Connection. At the China Closet, 6807 Wisconsin Ave., Chevy Chase, Md. 20015. **Green ice bucket:** 3½ qt. capacity. By Heller. **Ceramic platter on table:** From Italy. $33. At Manhattan Ad Hoc Housewares, NYC 10021.

WINE & FOOD COVER

Page 115

Medium flask: $4.25. **Small vinegar bottle:** $4. **Large vinegar bottle:** $4.75. All by Jane Products. At The Silo, New Medford, Conn. 06776.

LESSONS WITH FLAVOR

Pages 118-119

Woven baskets: Square: About 14" sq. x 4" h. $10 Rectangular: About 25" x 12½" x 4" h. $15. By Peterboro Basket. **Napkins:** Red and blue. Set of six, $20. Checked dish towel, $2.75. By Now! Design. **Earthenware jug:** Cork stopper. $16.50. **Plate:** Glazed center. Unglazed rim. Dishwasher safe. $13.50. **Round butter crock:** $5. All by Elizabeth MacDonald. **Earthenware mug:** $6. **Sandwich plate:** 8" d. $9. **Rectangular sandwich plate:** 5" x 9¼". $8.50. **Dinner plate** (not shown): 11" d. $14.50. By Robert Parrott. **Papier maché croissant box:** $5.50. **Glass egg cup:** From England. $3.75. **Collapsible wire basl** $11.50. All by Faroy. **"Liberty Bell" f ware:** Grapefruit spoon, $1.25. Kn $4.75. 5 pc. placesetting. $13.50. By preme Cutlery. **Thumb print napkin ri** $3. By Earthforms. **Brown and beige m** $8.50. By Livingston Pottery. **Pistol-g flatware:** 5 pc. placesetting. $37.50. By V ton Armetale. **Oak handled flatware:** 5 placesetting, $12. By Naylor & Ng. **Gl Weed Ash dish:** $12.50. By Priscilla Por **Cutting boards (underneath cheese and gl dish):** $3.50. By Richmond Cedar Wor **Heavy stemmed wine goblet:** $2. By Indi Glass. **Copper molds:** Peta, $25. Large fi $35. Small fish, $25. By Invento Produ **Blond wood bar stool:** 24" h. $19.50. A.L. Shaver. **"Camino Adobe" soup bow** Set of four, $22.50. **Glazed "pie plat** $5.50. **Rectangular baking pan:** $12.50. by El Camino Products. **Jelly jar glass** Set of six, $8.50. By J. G. Durand Inter tional. **"Thomas" platter:** 14" x 10". $32. By Rosenthal USA. All at The Silo, N Milford, Conn. 06776.

BUILDING DATA

Materials and equipment used in the house on pages 90-95

Building this house is a two-part oper tion, partly factory fabricated and par built at the site. The Boise Casca Manufactured Housing Division, Ea ern Division, designed it as the "Ced bluff" model of their Kingsberry Hom The wood framework of outside wal of roofs and floors, is precut at one their five plants, together with exteri wall panels which are preassembled well with sheathing, windows, and sor siding and doors factory applied. The parts, the house "package," are truck to the site and the local builder (the are builder-representatives in for states) constructs the foundation, erec and completes the house. He may clude equipment and extra features fered as options by Boise Cascad Plumbing fixtures, for example, a pr fabricated fireplace unit, skyligh kitchen appliances, or he may supply h own equipment. The price of the hou is set by the builder and varies with loc building costs, lot costs, and the extr and options included. Builder-represe tative prices have ranged from $62,0 without land to $139,000 with it.

CONTRACTOR: James D. Williams, Tah Homes, Ltd.
INTERIOR DESIGNER: Robert K. Lewis
SIZE OF HOUSE: 2,200 square feet
SIZE OF LOT: 8.15 acres
LOCATION: Hawley, Pa.

STRUCTURE

Foundation: "All-Weather Wood" fou dation for full basement walls of pressu

treated studs and plywood sheathing; pressure treated wood plates on gravel base. **Framework:** Standard wood construction with factory cut lumber; 2-by-4-inch studs, 2-by-8-inch joists and rafters, 4-by-10-inch, 14-inch, and 16-inch dropped beams.

EXTERIOR OF HOUSE

Exterior walls: Plywood sheathed panels, factory assembled in 8-, 12-, and 16-foot lengths. Cedar lap siding applied to major panels at factory, others at site including Philippine mahogany sections with battens. **Exterior finish:** Wood stain by Olympic Stain Div. of Comerco., Inc. **Roofs:** Dimensional shake asphalt shingles by Celotex Corp. **Insulation:** Fiberglas batts by Owens-Corning Fiberglas Corp. **Windows:** Double-hung wood frame windows and fixed glass panels by Rimco Div., Rodman Industries, Inc., installed in wall panels at factory. **Skylights and 'bubble' window:** Skymaster plastic units by Tub-Master Corp. **Greenhouse:** English Greenhouse Products Co. **Doors:** Sliding glass doors by Rimco Div., Rodman Industries, Inc., wood front door by Mohawk Flush Door, Inc. **Garage doors:** Celotex Corp., subsidiary Jim Walter Corp. **Terrace:** Stained pine boards.

INTERIOR OF HOUSE

Interior walls and ceilings: 'Sheetrock' wallboard by U.S. Gypsum Co. **Interior paint:** Paints by PPG Industries. **Floors:** In living-dining room-kitchen 6-by-6-inch ceramic tile, in bathrooms, 2-by-2-inch ceramic tile, both by Mid-State Tile Co. In bedrooms, media-guest room, and balcony, wall-to-wall carpet, by Milliken Inc. **Lighting fixtures:** Track lighting and downlight ceiling fixtures by Lightolier, Inc. **Fireplace:** Prefabricated metal unit by Majestic Co., American-Standard, Inc. **Hardware:** Kwikset, subsidiary, Emhart Corp. **Radio-intercom and wireless security system:** NuTone Div., Scoville Mfg. Co. **Kitchen and bathroom cabinets:** Solid oak 'Olympia,' cabinets from Rich Craft Custom Kitchens. **Counter-tops:** In kitchen, white plastic laminate by Formica; in bathrooms, plastic laminate by Lamin-Art. **Plumbing fixtures:** In the bathrooms, 'Country Grey' fixtures, 'Centura' fittings; in the girls' bathroom, 'Steeping Bath' whirlpool tub, all of them by Kohler Co., kitchen sink by Sears.

MECHANICAL EQUIPMENT AND APPLIANCES

Appliances: Range with white ceramic cooktop, microwave wall oven, built-in dishwasher, refrigerator-freezer, trash compactor by Frigidaire Div., General Motors Corp. **Water heater:** 52-gallon tank by Rheem Mfg. Co. **Heating-cooling system:** Split system, 2½-ton heat pump by York Heating and Air Conditioning, Borg Warner Corp.

Continued on page 170

These fine builders of Kingsberry Homes can show you the Cedarbluff II

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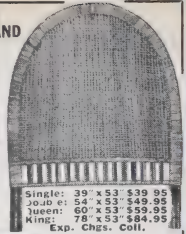
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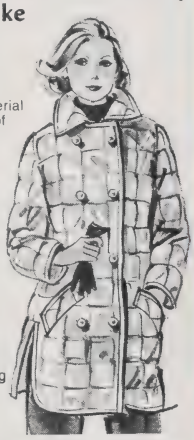
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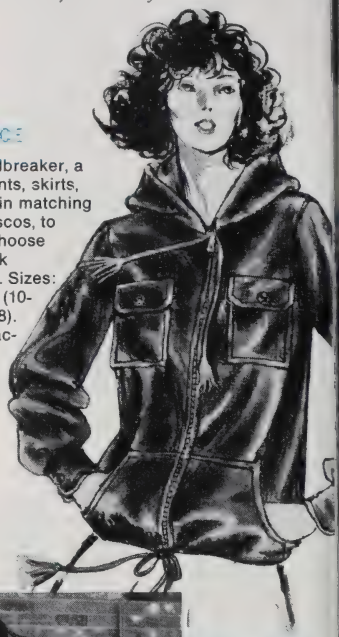
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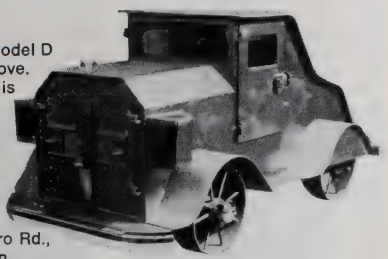


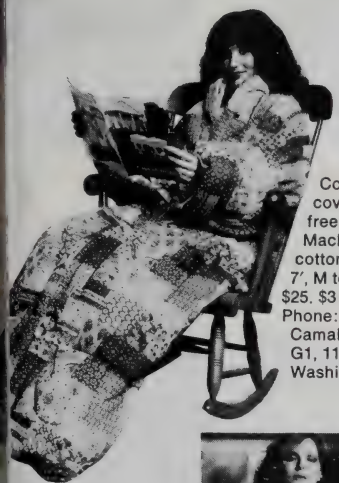
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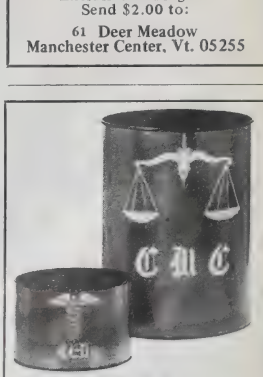
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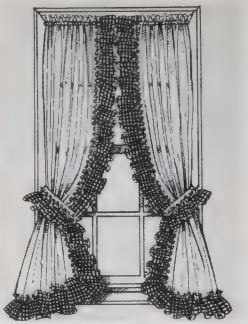
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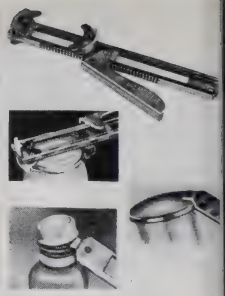
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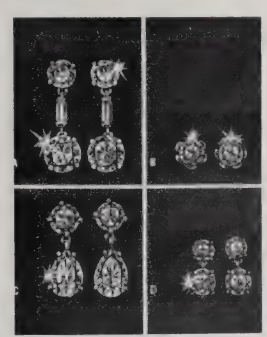
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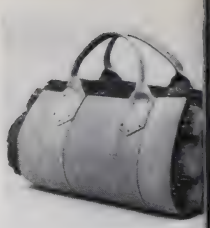
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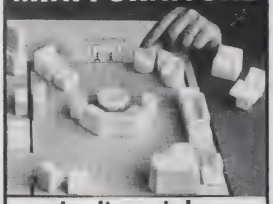
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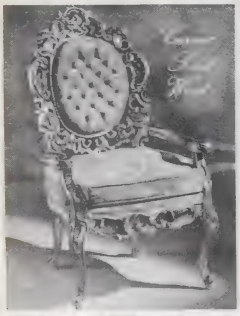
BE AN ASTRONAUT

Space enthusiasts will love you for giving them this big 28" silk-screened rag doll. Their very own face is reproduced on fabric from a sharp, close-up photo, color or b&w (returned unharmed). $24.95 plus $2.95 post. Be An Astronaut, HGE-19A, 99 Prince St., New York, NY 10012.



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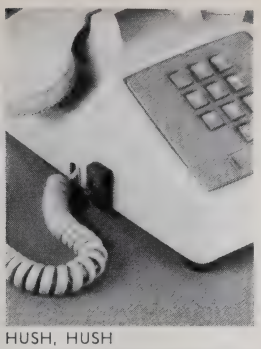
DSCOPE ART

fted, optical mirror. 13x articles suspended in vis- . Hold to light, turn slight- rticles fall in place. Theme, ls $27; lava, multi-color 25; Wood, same designs l $1.50 post. Kaleida Op- 1, Box 32186, San An- 78216.



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own comforter when tem- s dip. Prime downfill in of Egyptian cambric cot- n Scandinavia. Blue, gold, natural. Single, $136 50, $193.50. Queen/king, dledown HG19, 87 Pleas- et, Yarmouth, ME 04096.



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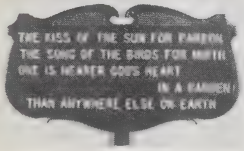
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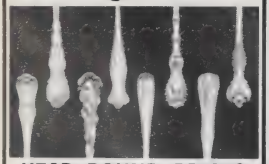


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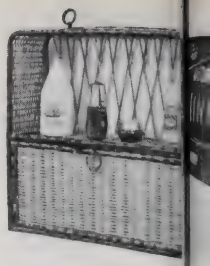
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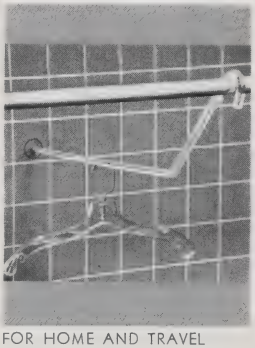
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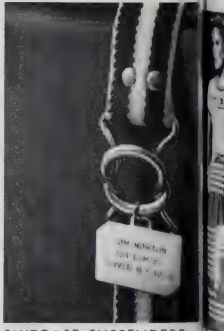
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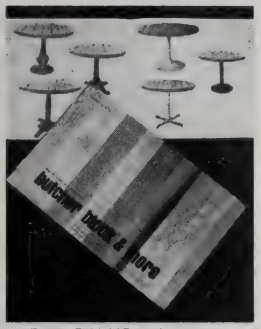
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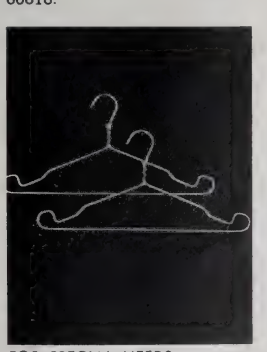
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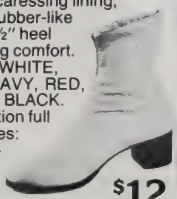
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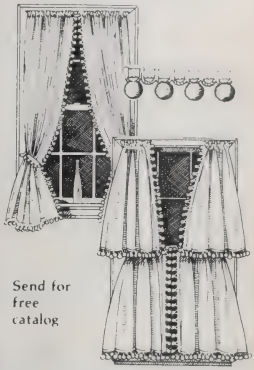
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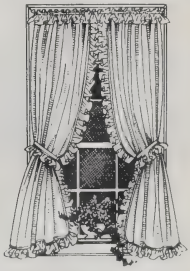
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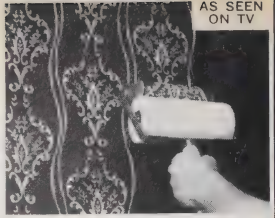
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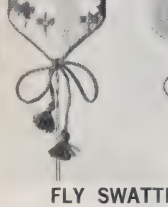


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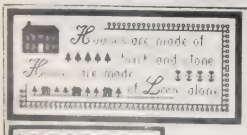
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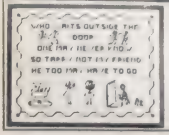
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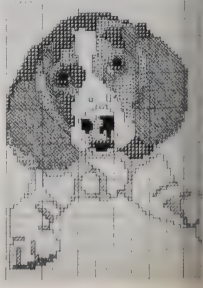
LUXE LOO

Ever-so-warm ling lambskin jacket you'll ha making from a ready-to-assemb Trial stitching kit, ling sample and cat of his and hers sh kits. All for $2 (refu with first order). A Valero, Designer - HG1, Failing Sprin low, RD 1, Box 199 roeton, PA 18832.

Needlepoint N

UPDATE

Bi-monthly magazine devoted to needlepoint ideas, techniques and products. It's a wealth of information for you who enjoy the craft. Each issue offers free patterns, new ways to use needlepoint, and features a guest designer with a fresh approach. $7 a year. Outside USA add $2 a year. Needlepoint News, Dept. HG5, Box 668, Evanston, IL 60204.





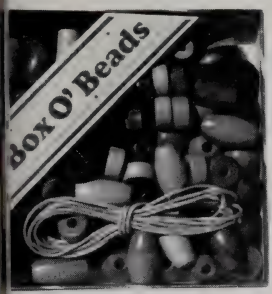
EWEL DECOR

e total look with hand-embroidered wool wers on hand-woven cotton from India. ver walls, ceilings, shades, sofa. w. $14 yd. ppd. Also ready-made dspreads, tablecloths. Send 50¢ stamps for catague, swatches. rian's, Dept. G19, 5th Ave., NY, NY 01.



NGED LION

nd-screened in black cream-colored mus- 16" h. x 19" l. Kit conns cotton muslin, polyesfiberfill, needle, thread, ffing stick. $19 plus $1.75 st. Color catalogue, 25¢. Bet- Living, HG1, 521 5th Ave., NY, 10017.

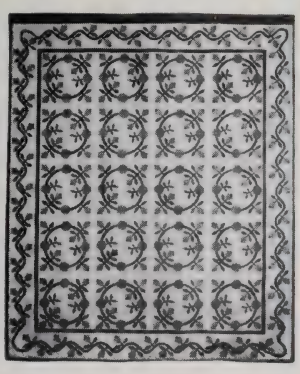


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Box of 68 fine quality Maine hardwood beads: four compatible shapes in eight bright, non-toxic colors. Plus 6' of waxed linen for stringing. Ideal starter for jewelry-making or macrame. $2.98 ppd. Free catalogue. Northeast Bead Trading Co., HG12, 12 Depot St. Kennebunk, ME 04043.

ENCIL BEAUTY

ke an heirloom wall ging from this 18th tury American quilt pat- , "Rose Wreath with ip". Kit includes ee non-smearing Mylar ncil sheets, 6 jars sto-Dri,™ non-smudge ant drying japan paints, e 1½" dia. brushes. mprehensive instruc- s $42.45, stencils only, Ppd. Color catalogue, Adele Bishop, HG19, set, VT 05251.



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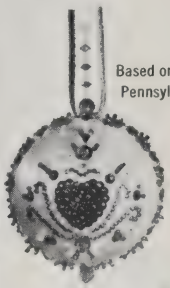
Peter Rabbit Latch Hook Rug

27" diameter

Peter, in his famous blue jacket, steps out of the classic tale to enchant a child as a nursery rug. Full-color design on 4-mesh cotton canvas; pre-cut acrylic yarn; rya yarn for fluffy tail; yarn for fringe; binding; instructions. **Kit $31 ppd. Latch hook $1.25.** BA/VISA. MC accepted. Brochure 25¢

nursery classics Dept. HG1 Redding Ridge, CT. 06876

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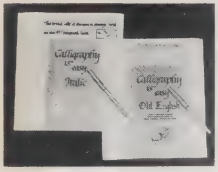
Share in the revival of this art by creating your own handsome decoys. Add a distinctive wildlife accent to shelf or mantel. Made easy for you with kits of carved and sanded white pine body, head, glass eyes, sandpaper, finishing instructions. Mallard hen or drake, approx. 12"L. $16.95 each, the pair $32.00, plus $1.00 shipping. Color catalog 50¢.

BAY COUNTRY WOODCRAFTS, HG-19
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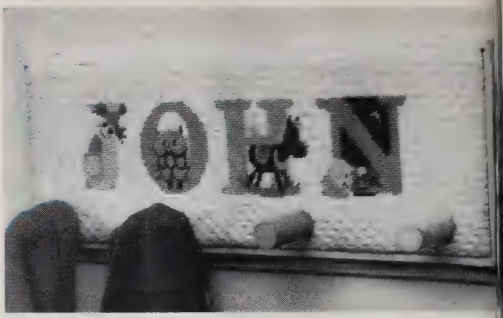
The Calligraphy Studio

P.O. Box 24-HS Orangeburg, N.Y. 10962



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ALLEN J. VALERO, Designer-Builder
Dept. HG1, Failing Spring Hollow
R.D. 1, Box 199, Monroeton, Pa. 18832



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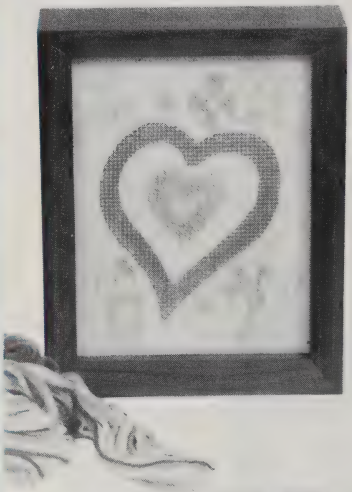
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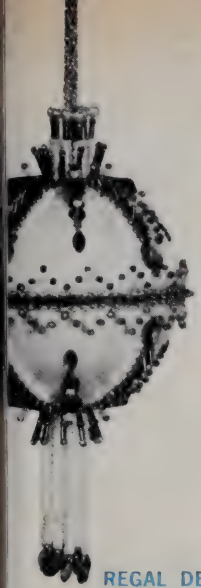
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Adele Bishop, Inc. Dept. HG, Dorset, Vt. 05251

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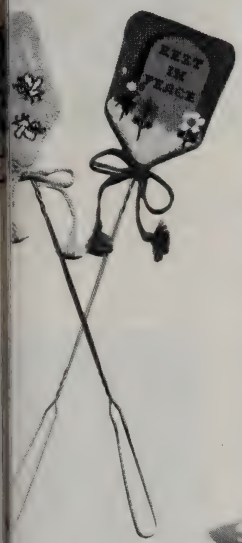


BIRTH SAMPLER

Cross-stitch kit has people from Beatrix Potter's Peter Rabbit books. Each stitch printed in its own pinks, blues on cotton-polyester; needle; cotton embroidery thread; easy monogram transfer for name, date; (no frame) 16 x 20″ $9 ppd. Nursery Classics, HG1, Redding Ridge, CT 06876.

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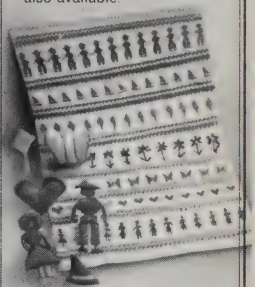
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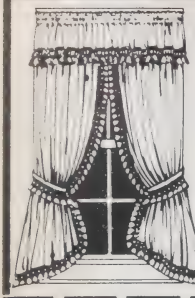
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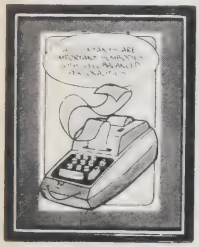
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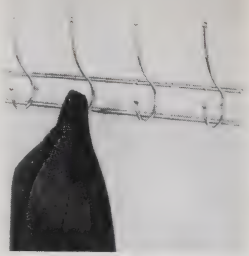
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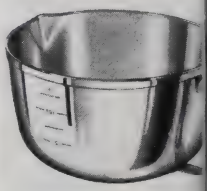
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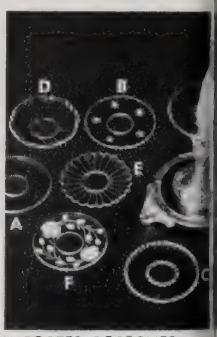
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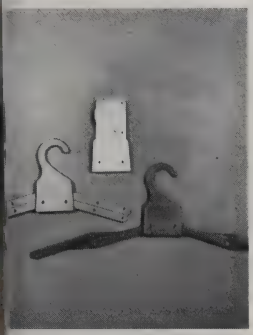
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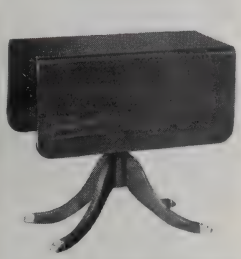
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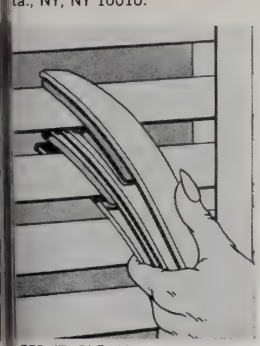
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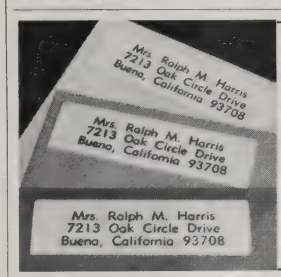
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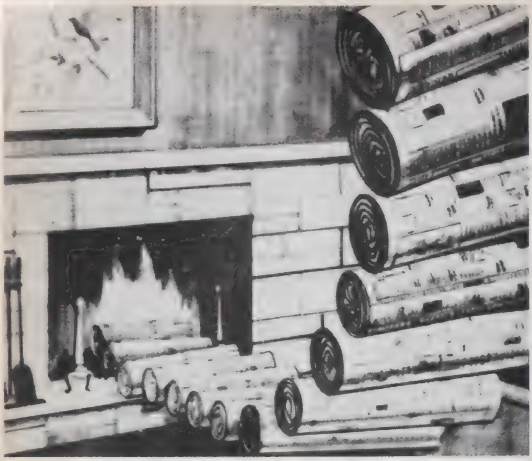
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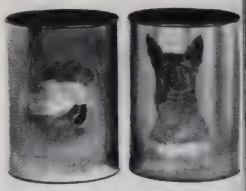
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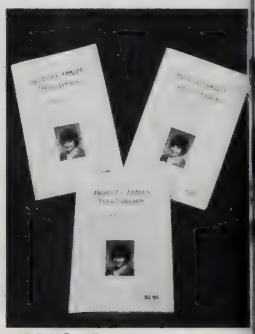
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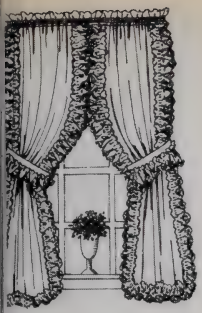
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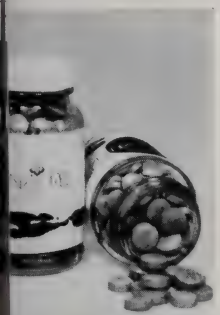
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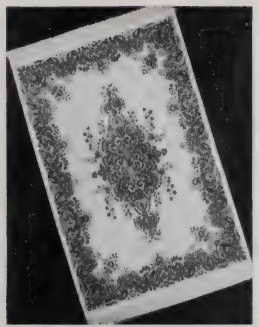
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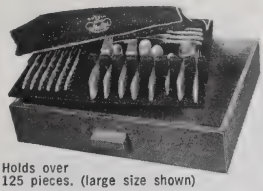
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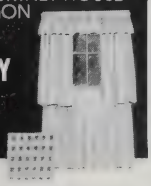
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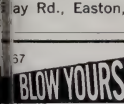
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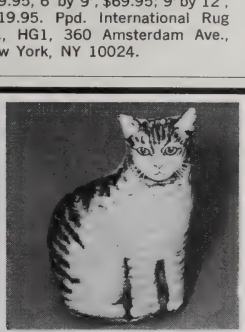
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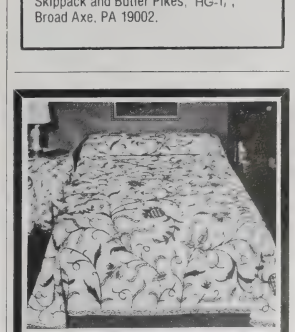
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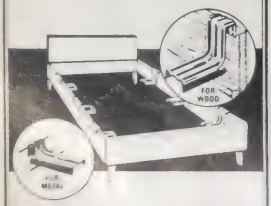
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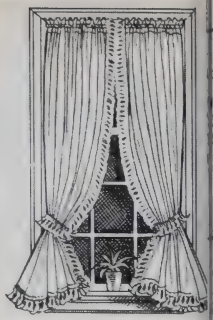
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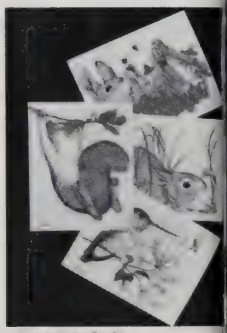
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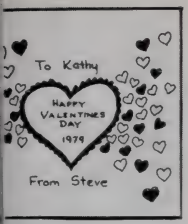
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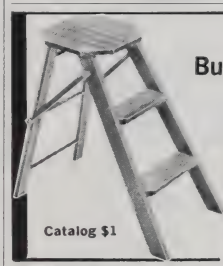
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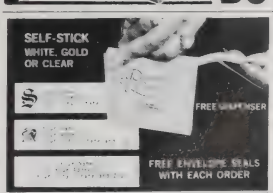
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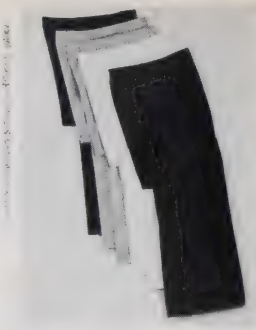


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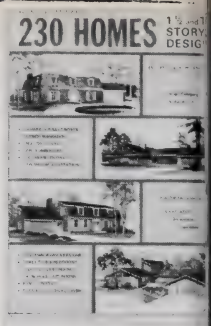
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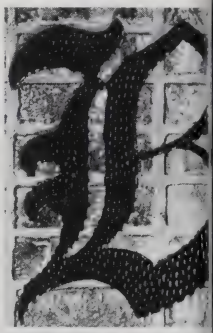
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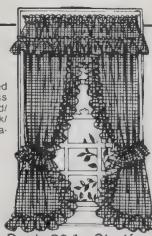
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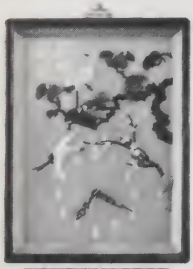
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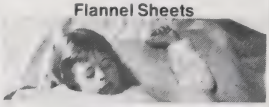
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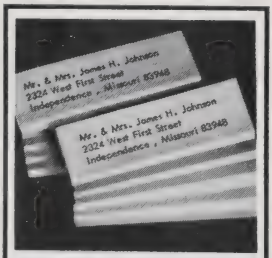
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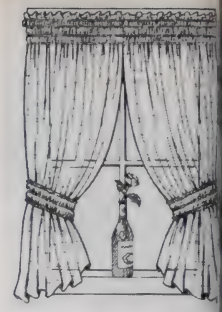
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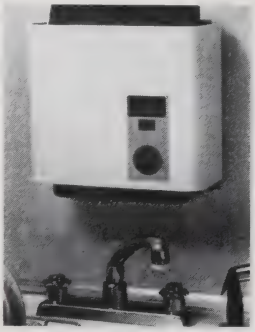
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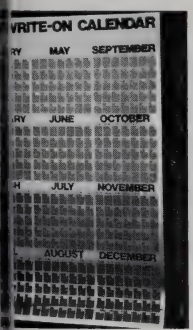
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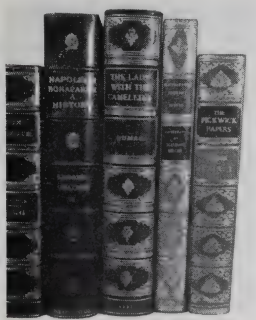
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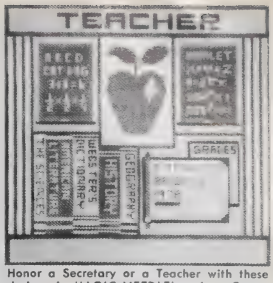


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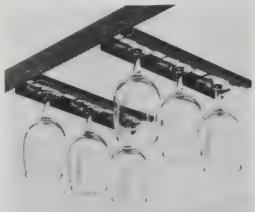
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Dramatic hanging fixture fro Middle East combines five crafted clay drums. Handt unglazed pottery. Colors are tiful natural earth tones. He from 7" to 13". $89 ppd. airmail for free brochure, EP I HG1, 18 Henrietta Szold St., 34721, Israel.



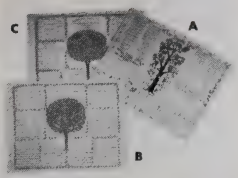
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Rose" from a new flowers in exclusive s. Hand silkscreened or white Lucite, size .95 plus $1.50 post. holder $2.50 extra. n Arts Co., HG1, 7400 augerties, NY 12477.



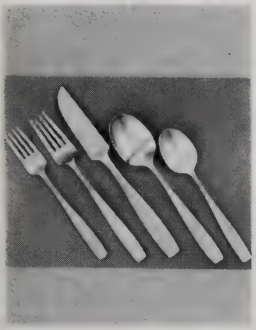
ORATOR

that edges fruits, radish rosettes the reat kitchen aide for ake all treats look as aste. Cast aluminum, long. Order Q-244. ear Engineering Co., Box 7025, Colorado 0933.



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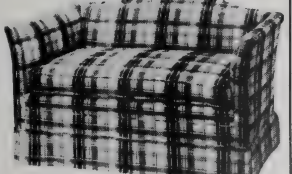


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The English Wine Table

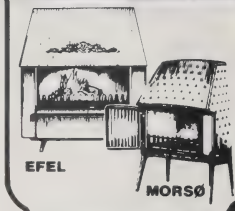


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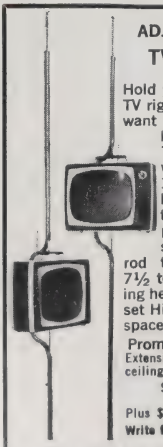
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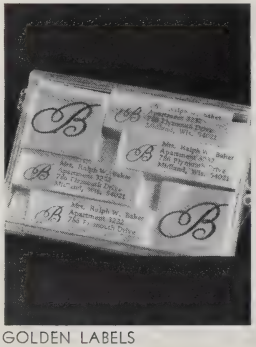
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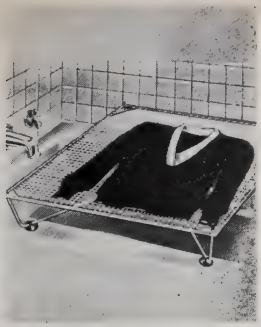
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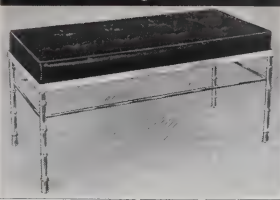
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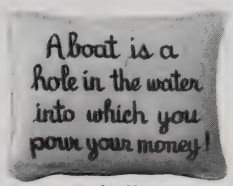


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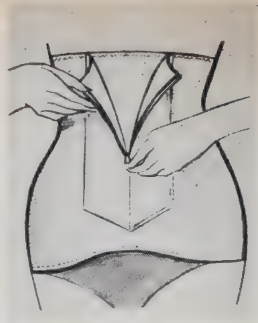
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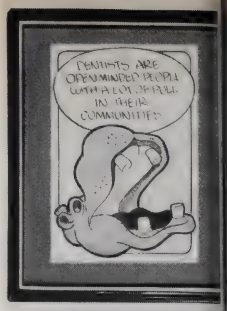
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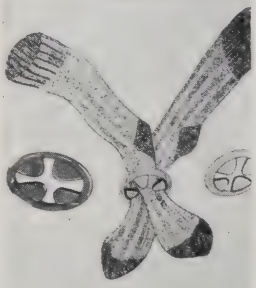
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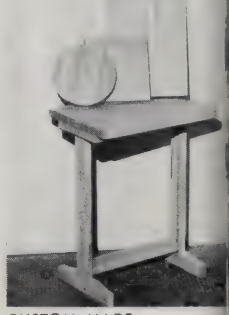
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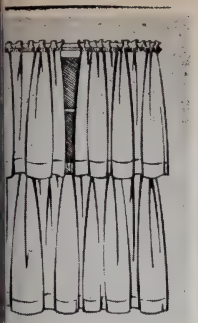
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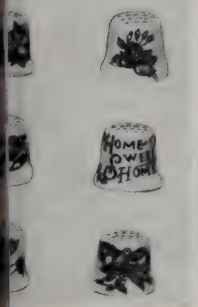
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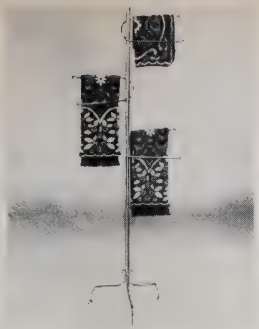
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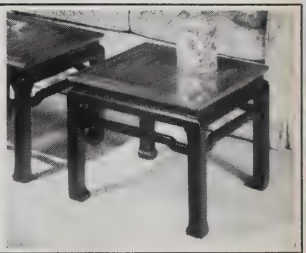
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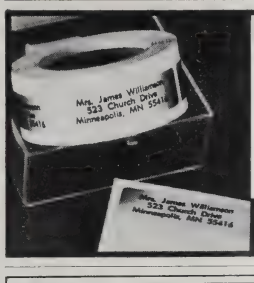
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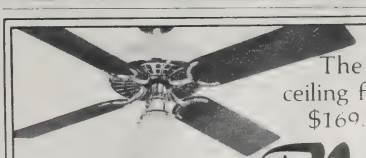
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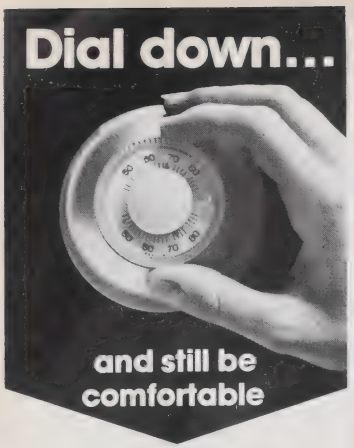
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Building data
continued from page 141

SHOPPING INFORMATION

Pages 90-91, Living room

Armless sofa: 81″ x 34″ x 24″ x 17″ sh. **Bumpers:** 34½″ sq. x 17½″ sh. **Armless chair:** 30″ x 32″ x 25″ x 17½″ sh. **Armless chair:** 34½″ x 32″ x 25″ x 17½″ sh. All with loose seats and attached back cushions. Fabric no. 75-2568. Color 11. From the Upholstered Furniture Collection. **"Folio 12" wooden cocktail tables:** 32″ x 24″ x 16″ h. **"Pan Asian" solid mahogany desk:** 52″ x 25″ x 29½″ h. Walnut and mahogany veneers. **"Scene One" Chinese chairs:** 22″ x 19″ x 36¾″ x 17½″ h. Sloping arms. Cane seat with snap-on cushions. All by Henredon. **"Kanvastex" canvas fabric on chair cushions:** 54″ wide. Cotton Zepel finish. By Covington Fabrics. At Abraham and Straus, Brooklyn, NY 11201; Vogue Fabrics, Evanston, Ill. 60202. **Vertical blinds:** By LouverDrape. **Antique handwoven cotton durrie rug:** 15′ 6″ x 10′. From Afghanistan. $3,720. From Saxony Carpet*, NYC 10022. **Painting over sofa:** "The Mallow Gatherers", oil on canvas. 74″ x 72″ h. By Jane Freilicher, 1958. Courtesy of Fischbach Gallery, NYC 10019. **Painting over desk:** "Large Studio with Gladioli," oil on canvas. 68″ x 48″ h. By Warren Brandt, 1976-77. $6,500. At Fischbach Gallery, NYC 10019. **Patterned fabric on sofa pillows:** "Flags." 54″ width. 25¼″ repeat. Cotton. From China Seas*, NYC 10021. **"Rekta" floor lamp:** Polished chrome. 7″ triangular shade. 35″-46″ h. $129. Also available in brass. By Koch + Lowy. **Pennsylvania sawtooth border quilt:** 80″ x 84″. c. 1900. $310. At Kelter-Malcé. **Straw taboret:** 12 x 14 h. From Robert K Lewis*, NYC 10022. **Ceramic ashtray on taboret:** 8¼″ d. By Roy Hamilton. **Log basket of pale straw:** 22 x 20 h. **Shallow pottery bowl on cocktail table:** 14½ d. Marbleized glaze. All at Gordon Foster, NYC 10021. **Stoneware vase on cocktail table:** 12 x 15. Custom made. Hand thrown and glazed. **Stoneware bowl on white cube table:** 19″ d. Both from John Copper, John Thompson Designs*, Woodstock, NY 12498. **Covered basket on cocktail table:** 8″ x 5″ h. $4.50. At Conran's, NYC 10022. **Antique wooden box:** 11½″ x 6″ x 5″ h. $65. At Pat Sales Antiques, NYC 10014. **Painted wooden blanket box:** 32″ x 14½″ x 11½″ h. From Pennsylvania. c. 1850. $275. At Kelter-Malcé, NYC 10014. **Four panel screen:** 7′ h. Each panel, 20″. Oxblood lacquer. $995. Designed by Roe Kasian for Lord & Taylor. **Painted wooden nail box on desk:** 19″ x 13½″ x 5″ h. From upstate New York. $85. At Kelter-Malcé, NYC 10014. **Long Island plover decoy on desk:** 15″ x 10½″ h. $275. At Pat Sales Antiques, NYC 10014. **"Tree of Life" appliqué quilt on wall:** 80″ x 82″. c. 1870. From Ohio. $800. At Kelter-Malcé, NYC 10014.

Page 92, Terrace and greenhouse

Loveseat: 53″ x 27″ x 28½″ h. Aluminum frame. Detachable cushions on vinyl strapping. **Dining/lounge chairs:** 23″ x 28″ x 30″ h. **Pedestal dining table:** 48″ d. Clear glass top. Aluminum frame. **Chaise in greenhouse:** 72″ x 27½″ x 22″ h. Aluminum frame. Detachable full-length cushion with headrest. All from the "Deck and Den" collection by Meadowcraft Casual Furniture. **Ceramic platter on table:** 19″ x 14″. At the Pottery Barn, NYC 10011.

Page 93, Balcony

Armless loveseats: 68″ x 36″ x 24½ 16″ sh. 2 loose seats and back cushi From the Upholstered Furniture collect Covered in natural Haitian cotton. Fa no. 54-1243. Color I. "Scene One" tea bles: 15″ sq. x 20″ h. All by Henre **Carpeting on balcony and stairs:** "Ex tive Rowe II" Acrilan carpeting. By M ken. **Handpainted needlepoint designs rug and pillows and wools in basket:** F Woolworks, NYC 10021.

Page 94, Dining area (3)

"Hampton Mews" dining table: 64″ 29″ h. Octagonal clear glass top on he onal wooden base. By Henredon. **Pain above table:** "Feldspar", acrylic on can 37⅝″ x 72″. By Larry Zox, 1976. $3 At the André Emmerich Gallery, N 10022. **Sculpture, far right:** "Untitled Post", aluminum and oil. By Risa, 1 $2,000. At Betty Parsons Gallery, N 10019.

On the table: Antique metal fruit stand: x 12″ h. From Robert K. Lewis*, N 10022. **Ceramic cereal bowls:** Mad France. $4.50 ea. **Tea towels:** $3.75 Both at Conran's, NYC 10022. **"Drabw earthenware:** 5 pc. placesetting, $45 Wedgwood. **"Bainbridge" flatware:** 5 placesetting, $30. By Wilton Arme **"Eva" crystal goblets:** 21 oz. $16.50. **Clarets:** 15 oz. $16.50 ea. **Carafe:** 50 $42. By Orrefors. **Lacquered covered ket:** At The Pottery Barn, NYC 10011

Page 94, Kitchen (4)

Kitchen cabinets: Solid oak "Olym #776. White glaze finish. White porce knobs. By Rich Craft Custom Kitch **Stainless steel hanging pot rack:** 36″ The Pottery Barn, NYC 10011. **Han from rack:** Saucepan: 2¼ qt. $28. Lid, Omelette pan: 7¾″ d. $20. By Wilton metale. **Circular hamper basket:** 20¼ 10″ h. $21.75. At Conran's, NYC 1002 **On the island: Covered casserole:** 9 qt. pacity. $49.95. By Dansk Designs. **"Le tisseur" vegetable spoons:** $21.90, ea Goebel. At Personnally Yours, NYC 10 **Ceramic platter:** 19″ x 14″. **Circular be wood bowl:** 5½″ x 3″ h. Both at The tery Barn, NYC 10011. **Plastic tub hol muffins:** $13.50. At Conran's, NYC 10 **Stoneware bowl holding corn:** Cu made. Hand thrown and glazed. From Copper, John Thompson Designs*, W stock, NY 12498.

On left counter: Wooden basket with branch handle: 19″ x 13″ x 12″ h. F France. $20. At Howard Kaplan's Fr Country Store, NYC 10003. **Red en skillet on range:** Wood handle. By D Designs. **Food center:** Model 261. Nu Div., Scovill Mfg. Co. **Right of micro oven: Beechwood bowl.** 8″ x 4″ h. At Pottery Barn, NYC 10011. **Ceramic pan.** 10¾″ d. From France. $14.50 Conran's, NYC 10022.

On right counter: Glazed pottery crock x 11″ h. $15. 6½″ x 8″ h. $7.25. **Ob bread basket:** 17″ x 7″ x 4″ h. $4.50. **Re handled basket tray:** 14″ d. $3.95. **Woo dishdryer:** $9.50. **Plastic vases:** 5″ x 9 $6.25. 4″ x 6″ h. $3.95. **Wooden flour ister:** $4.95. All at Conran's, NYC 10 **Striped dish towel:** $3.50. At Howard K lan's French Country Store, NYC 10 **Toaster oven:** $42. By General Elec **Champagne bucket:** 2½ qt. capacity, By Orrefors Crystal. **Frying pan on r**

Continued on page

Flowers by the barrel
continued from page 89

■ GREENING A ROOFTOP

In creating their rooftop garden, Jerry Schwam and Tom Pouch (see page 88) did not hesitate to fly in the face of traditional methods of growing things. For instance, it is a long-established gardening "principle" that plants need room to develop properly. Tom and Jerry, observing the strong winds that often sweep across city rooftops, decided that the best way to avoid blown-over plants was to make them mutually supportive. So their plants are close-set—no more than 6 inches apart. To compensate for the loss of root room, frequent applications of fertilizer keep the plants growing lustily. A soluble fertilizer (Miracle-Gro) is used—at the strength recommended by the manufacturer—every 2 or 3 weeks, changing off to fish emulsion for every third or fourth feeding. Even more important is a regular schedule of watering. Hot sunshine and drying winds make a constant moisture supply imperative, so watering follows the weather—twice a day in hot, rainless periods, and at least once on every day when it's not actually pouring. The soil is important, too, so the top 3 to 5 inches is replaced every year to eliminate the soot and other city pollutants that inevitably accumulate. The soil change is made just after the spring bulbs finish flowering—working above the bulbs themselves, and leaving their leaves to mature naturally—with garden soil, compost, peat moss, cow manure, and 5-10-5 fertilizer. This is watered down and allowed to settle before the annual plants are set in their places. Tom and Jerry grow many of their annuals from seed, protected under panes of glass. Once seedlings are transplanted, they are covered with domes of chicken wire to discourage hungry pigeons. The rapidly-growing annuals quickly hide the fading bulb foliage which is left until completely mature. Natural predators—praying mantises and ladybugs—take care of most of the garden's insect enemies, heavy infestations of aphids are simply drowned by the plain water spray from a hose, and caterpillars are picked off by hand. Only rarely is it necessary to use a chemical spray—malathion—for such intractable pests as scale on the shrubby plants. When the spray *is* used, it is strictly confined to the infested plant, never sprayed around indiscriminately. In late fall, the planting boxes are bedded down for the winter with a light salt hay mulch, and rose bushes and evergreens are given a coating of Wilt-Pruf. Tom and Jerry share their expertise by creating city gardens for other people. Their address is: Tom & Jerry Enterprises, 10 Waverly Place, New York, N. Y. 10003. (212) 982-0201. ■



THE GARDEN MART

Now comes catalogue time, and weather that drives us indoors leads to more and more complete—and more practical—plans for the growing season to come. Vegetable growing will unquestionably take first place in our plans for the summer of 1979, and our catalogues will provide the information we all need to plant, grow, harvest and feast wisely and well. The All-America Selections, given a prominent place in most catalogues, are an invaluable guide for ordering seeds and plants. Vegetables—and flowers as well—given the All-America seal of approval have been rigorously tested in various parts of the country and may be counted upon to produce well anywhere. Of course many—if not all—of us will be led on by the pictures and intriguing descriptions of things we have never tried, and will find ourselves ordering seeds we won't have space to plant, or time to look after if we do plant them. But this comes under the heading of gardening fun—instructive fun it is, too, and inexpensive, considering that seed prices have pretty much resisted the inflationary forces that have sent so many things beyond the reach of gardeners with limited means. Remember, too, that seed catalogues, whether or not you have to pay for them, are prime sources of information about where, when, why and how to grow practically everything.

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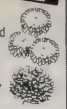
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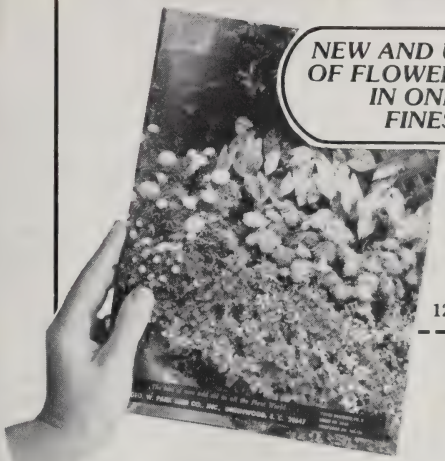
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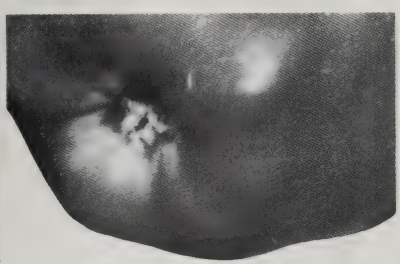
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(small photo): 10¾" d. $25. Lid. $12. By Wilton Armetale.

Page 94, Bottom left, Foyer: Antique pine hutch: 52" x 24" x 76" h. Cornice pierced with heart motif. "Chicken coop" compartments in base. From Ireland. $1,900. At Howard Kaplan's French Country Store, NYC 10003. **Covered wicker cylinder basket:** 12" x 19½" h. $17.75. **Glass vase:** 6" x 16" h. $9.95. Both at Conran's, NYC 10022. **Collection of stoneware:** Hand thrown and glazed. From John Copper, John Thompson Designs*, Woodstock, NY 12498.

Page 95, Top left, Media/guest room (5) **Dressers:** 39⅞" x 18" x 28" h. Brass finish mounts. **Open decks:** 39⅞" x 18" x 58¾" h. **Mirrored cocktail tables:** 16" sq. x 19" h. Black wood, brass trim. All from the Scene One collection by Henredon. **Sleep sofa:** 67" x 35" x 24" x 15½" sh. Two loose seats and back cushions. **Armchairs:** 30" x 33½" x 29½" x 16¾" sh. Upholstered legs. Loose seat and back pillow. **Ottoman:** 34½" sq. x 17" h. Attached cushion. **Fabric on sleep sofa:** Fabric no. 94-1143, Color 99. **Fabric on arm chairs and ottoman:** Fabric no. LE-374. Color 89. All from the Upholstered Furniture collection by Henredon. **Carpeting:** "Executive Rowe II" Acrilan. By Milliken. **"Widescreen Home Television Theater":** 69⅘" x 24⅘ x 49½" h. One piece cabinet with widescreen and projector. Dual speaker sound system. $2,800. **Video cassette recorder:** 19" x 15" x 7" h. 4 hours continuous recording. Built-in digital clock timer. $1,000. Both by General Electric. **Painting over sofa:** "Large Red", etching on paper. 39" x 39½". Edition of 35. By Richard Smith, 1976. $1,450. At Bernard Jacobson Gallery. **"Eye Shade" floor lamp:** 8" base. Adjustable height to 52". Chrome stem. $141. By Koch + Lowy. **Needlepoint pillow canvas and yarns:** Handpainted design. Woolworks, NYC. 10021. **Wool challis throw:** 72" sq. At Cherchez! NYC 10021. **Lidded basket:** Designs in rust and brown vegetable dye. From Kenya. At Gordon Foster, NYC 10021. **Plastic tray on cocktail table:** 8" sq. At The Pottery Barn, NYC 10011. **"Karl" double oldfashioned glasses:** 13 oz. $12.50 ea. By Orrefors Crystal. **"Le Rotisseur" bottleopener:** Glazed maple handle. Stainless steel insert. $14. By Goebel. At Personally Yours, NYC 10017. **"Doodle" Digitone dial telephone:** Warm White. By Northern Telecom.

Page 95, top right, Media/guestroom (5) **Loveseat:** 67" x 35" x 24" x 15½" sh. Two loose seats and back cushions. Two throw pillows. Fabric on loveseat: No. 94-1143. Color 99. From the Upholstered Furniture collection. **"Hampton Mews" cocktail table:** 40" sq. x 15¾" h. Both by Henredon. **"Sassy Stripe" New Era polyester and cotton sheets:** Available in green, blue, brown, and red. Twin: About $3.99. Full: About $4.99. Queen: About $7.99. By Thomaston Mills. **"Lattice" quilt:** 86" x 70". c. 1835-1845. From New York State. At American Hurrah, NYC 10021.

Sculpture on cocktail table: "Omega", painted steel in two elements. 8" x 6" x 20". By Beverly Pepper. $2,500. At the André Emmerlich Gallery, NYC 10022.

"Music Machine" portable cassette recorder: 10" x 5¼" x 9" h. 7 lbs. Remote "Singalong" microphone. Adjustable, removable carry strap. $74.95. By General Electric. **Stereo equipment:** Auto-return drive turntable. 17⅜" x 14⅜" x 5½" h. Vinyl cabinet. Stereo receiver: 17" x 12" x 6" h. 19 lb. 10 oz. Walnut-grained vinyl cabinet. By U.S. Pioneer Electronics. **On shelves: Tray basket:** 10" sq. $6. At Conran's, NYC 10022. Chinese lacquered covered hamper basket. 8¾" sq. x 10¾" d. At The Pottery Barn, NYC 10011. **Lidded basket:** 15½" x 10" x 14½" h. From Kenya. $45. Shallow glazed pottery bowl: 22" d. By Roy Hamilton. $175. **Circular basket:** 13" d. x 5½" h. From Botswana. $25. All three from Gordon Foster, NYC 10021. **Covered stoneware ginger jar:** 8" x 10" h. Hand thrown and glazed. At John Copper, John Thompson Designs*, Woodstock, N.Y. 12498. **Oval pottery dish on cocktail table:** 11½" x 8". At Gordon Foster, NYC 10021.

Page 95, Girl's bath (6): **"Royal Classic" cotton terry towels:** Bath, about $6. Hand, about $4. Wash cloth, about $2. Tub mat, about $10. By Cannon Mills. **Vanity cabinets:** Solid oak "Olympia" #776. Custom color finish. Custom polished chrome hardware. By Rich Craft Custom Kitchens.

Page 95, Master bath (7): **"Pan Asian" tea table/plant stand:** 14" sq. x 26" h. Cinnabar finish. Holds towels. By Henredon. **Shower curtain fabric:** 54" wide. Grey cotton duck. By Hamilton Adams. **"Weight minder" scale:** By Krups. **Glass cylinder vase:** 6" x 10" h. $8.55. At Conran's, NYC 10022. **Stoneware vase:** Hand thrown and glazed. From John Copper, John Thompson Designs*, Woodstock, NY 12498.

Page 95, Master bedroom (8): **"Artefacts" headboard:** 60" x 38" h. Lattice design. Weathermark finish. **"Folio 12" armoire:** 50" x 20" x 80" h. Coventry finish. Brass finish mounts and pulls. **"Hampton Mews" Pembroke table:** 18" x 27" x 26" h. Opens to: 37" x 27" x 26" h. Dropleaf with stretcher base. All by Henredon. **Armchair:** 30½" x 33½" x 28" x 15" sh. Tufted back. One loose pillow. One throw pillow. **Ottoman:** 25" sq. x 15" h. Attached cushion. Fabric no. 99-1251. Color O. Both from the "Upholstered Furniture" collection by Henredon. **Curtain and bed cover fabric:** Natural Belgian linen. From Henry Calvin Fabrics*, San Francisco 94111. **Wall to wall carpeting:** Countess, Trevira polyester. By Milliken. **Antique quilt:** 73" x 83". c. 1930. From Pennsylvania. $195. **Antique rag runners:** 41" wide x 15' length. $240, pair. Both at Thos. K. Woodard, NYC 10021. **Tray basket on ottoman:** 18" x 4" h. Chinese lacquered trunk basket: 20" x 10" x 10" h. At The Pottery Barn, NYC 10011. **Paper covered notebooks:** At Conran's, NYC 10022. **Pillow covers with pleated borders:** 38" x 16". $65. **Ecru linen baby pillow cover:** Crocheted border. $45. All at Cherchez! NYC 10021. **Cotton layover shams:** From Pennsylvania. c. 1890. **"Cactus Flower" appliqué quilt piece on wall:** 30" x 31", framed in plexiglass. c. 1860. At American Hurrah, NYC 10021. **Ceramic tile lamp with linen shade:** 31" h. Shade, 22" d. From Design-Technics*, NYC 10022. **On side table: Stoneware apple:** 4" h. From John Copper, John Thompson Designs*, Woodstock, NY 12498. **Shallow pottery bowl:** 14" d. At Gordon Foster, NYC 10021. **Pillow canvas and wools:** Handpainted design. At Woolworks, NYC 10021. **"Rekta" floor lamp:** Adjustable

Continued on page 176

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Building data
continued from page 174

height: 35"-46". Available in polished chrome or brass. $129. By Koch + Lowy. **"Contempra" Digitone dial telephone:** Warm White. By Northern Telecom. **Page 95, Girl's bedroom** (9): **Wicker chair:** 29½" x 30" x 33" h. x 16½" sh. Lacquer finish. Loose tufted seat and loose tufted back cushion. **Ottoman:** 21" x 19½" x 14½" h. Loose tufted cushion. Both from the Upholstered Furniture collection by Henredon. **Daybed:** 39" x 83" x 27" h. Uses twin mattress. By Head-Bed Division, Avery Boardman*, NYC 10022. **"Forsythia" cotton canvas on ottoman and daybed:** 54" wide. By Hamilton Adams. At Kravet Fabrics*, NYC 10022. **"Deck and Den" table:** 18" d. x 16" h. Slate top. Aluminum frame base. By Meadowcraft Casual Furniture. **Wall to wall carpeting:** Countess Trevira Polyester. By Milliken. **"Salsa Stripe" cotton fabric on throw and pillow:** 54" wide. 21" repeat. Handwoven in India. From Design Imports*, NYC 10022. **Needlepoint footstool:** Handpainted canvas and wools at Woolworks, NYC 10021. **AM/FM radio cassette player/recorder:** 9" x 4¾" x 2¼" d. 3½ lbs. Sleep switch. Flexible carry strap. $104.95. By General Electric. **Vinyl-covered metal mesh storage tray:** 16" x 10¼". At The Pottery Barn, NYC 10011. **Handled log basket:** 16¾" x 12½" x 20½" h. $24.75. At Conran's, NYC 10022. **"Dawn" Rotary Dial telephone:** Warm White. By Northern Telecom. ■

Apartment reborn
continued from page 84

glance to discourage much of anything in the way of conventional living. To make things worse, the pantry was set in a corner of the kitchen, and it contained the sink and counter space; the stove and the refrigerator were outside, in the L-shaped space of the kitchen itself that wrapped around the pantry. The kitchen and pantry were a sort of putrid blue; the living room and bedroom were both done in a somber green tone with damask curtains so heavy that they made my grandmother's house look like a minimalist design by Joe D'Urso.

My friends all thought I was crazy, and I have to admit that several years of writing about design were still not enough to make me absolutely certain that they were not right. But Paul Segal, the architect who was, happily, also a friend and a Dakota neighbor, thought the gamble was worth it. He was even willing to overlook the fact that architectural critics are notoriously difficult clients (we think we know everything), and he agreed to join with me on the job.

What appealed to me most about the apartment was the quality of the space itself—the ceilings were 14 feet high throughout, which made the spaces feel like volumes more than rooms. The more I thought about it the more it seemed as though the odd layout could be turned to advantage—the apartment could be made to take on some of the characteristics of the sort of living space I had considered at one point, a loft.

The plan was kept relatively simple, in part because the budget was tight and in part because I did not want anything so elaborate it would obscure the generous, simple quality of the rooms. Dakota rooms are large and rich in moldings, but the details are never fussy or prissy—they stand back and let the spaces speak. There is a benign quality to the rooms in the building that allows them to take all kinds of objects and all kinds of styles within.

The main principle of the design Paul and I evolved was that of building on what we had—of keeping the essence of the existing spatial arrangement, not fighting it. Budgetary considerations prevented us from gutting the apartment and starting from scratch even if we had wanted to, but I enjoyed the experiment of trying to make something out of what was there. Thus the kitchen, right on axis with the front entrance, remained there, and rather than try to hide it like most New York apartment kitchens, we gave in to its placement in the house and made it the centerpiece of the apartment, enlarging it by removing the pantry and a closet and starting anew with the larger space. Though I am not a serious cook, I continue to fantasize about getting serious about it someday, and I grew up in a house with a large kitchen, so the idea of a kitchen as a main room appealed to me.

Paul came up with the idea of eliminating a front closet to enlarge the entrance hall, I did the kitchen layout that created a diagonal axis and placed the stove in a center island, he designed the island itself—we went back and forth like that, and the relationship, thanks to his kind indulgence of my continuous flow of primitive sketches, was a good collaboration. Paul Segal's own style leans toward the clean, white lines of the neo-Corbusians, which was the mode of his education at Princeton; I studied at Yale where purism was less sought after, and I later told Paul that his clean, sleek forms and my 45-degree axis made the kitchen the place where Princeton and Yale met to fight it out.

The center of the apartment—the entrance hall and the kitchen—are sharply defined white spaces, a deliberate contrast to the rich mahogany paneling of the outside corridor. But once the contrast was established at the point of entry, I wanted the apartment to relax a little, and as a result the two large end rooms, the living room and the bedroom, are more eclectic. The living room is a subtle shade of off-white with white trim; the walls have 19th-century prints and early 20th-century French posters, and the furniture is an intentional mix of new and old—modern, rounded Italian chairs and two Aalto tables, but then an old Victorian desk and a brass chandelier. To prevent the room from getting too formal, I turned the axis, setting all th furniture on a diagonal and putting th room in motion.

The living room turned out to be rel tively formal nonetheless, which is fin because both the kitchen and the be room are loose and relaxed, and I lik the idea of contrast within the san apartment—it is rare that a small apar ment can stretch to accommodate diffe ent moods and styles. One of the things like best about the apartment is the fa that there are places for two or thre people to sit in every room—in th kitchen, the bedroom, and the livin room—and I can sit down with a gue anywhere depending on our moods.

The bedroom has ended up as a com bination bedroom, library, workroo and sitting room—it is the largest roo in the apartment, and it really function for me as a kind of studio apartment. fell rather neatly into functional areas- there are a couple of chairs around th fireplace for a seating area, a large a cove at one end has been made into work area, and the bed was positione so as to face both the fireplace and th view out the window. We designed larg heavy bookshelves, scaled to the size the room, and set off the work alco with a thin beam containing indire lighting to provide just a hint of wa without the intrusion of any real part tion. The desk itself is a big surface, in tended to contain the mess I always cre ate when I work. It wasn't big enoug of course—one's mess always expand to fill the space available—but I've neve been too comfortable working at a clea desk, so I don't really mind.

There is a lot of eclecticism to th room, too—modern objects like Breu and Eames chairs on an antique kilim rug, a print by Ed Ruscha over an ol wooden desk, which was painted whit and turned into a bureau. The art col lection will probably never pass seriou muster, because I keep framing thing I like, like postcards and gallery an nouncements, and dropping them ne to "real" graphics. But that, in a sense is the way the whole apartment was pu together—it is a mix of things I lik some of which are worth something b collectors' standards and others of whic have value that is purely personal. W have a tendency, I think, to confus things we admire with things we like and sometimes, especially if we ar knowledgeable about design, to fill ou houses with objects we admire mor than with objects we like. If I've use any criterion in my own house, it was t demand that everything in it fit both categories—I want to be able to say no only that I admire the objects I own, bu also that I like them. ■

EDITOR'S NOTE: *Paul Goldberger is ar chitecture critic of* The New York Time *and is currently preparing an architec tural guide to Manhattan.*



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FEBRUARY 1979


Art-Deco updated, page 92


Flexible apartment, page 96


Changeable house, page 114


Do-it-all table, page 120


Ingenious garden, page 100


Vegetable surprises, page 127

DECORATING, ARCHITECTURE, BUILDING

80 Home improvement ideas for the house fixer. By Deanne Raffel
86 Let a pattern inspire a room
92 Art-Deco rates
96 How to make two rooms live like six
110 New designs to give your bathroom style
114 Change spaces with moving walls

CRAFTS

56 Build-it-yourself carpentry guide. By Peter Stamberg
74 How to make the do-it-all table
120 The do-it-all table
122 Decorating to knit yourself—curtains, bed cover, throw

ANTIQUES

20 Questions & answers: Antiques. By Louise Ade Boger

FEATURES

10 Living. Edited by Paula Rice Jackson
17 Ingenious ideas to make your life easier in the kitchen
26 Electronic circuit. By David Lachenbruch
37 Auto suggestions: Newsmaking electric cars
By Richard and Jean Taylor
49 Money matters: How to improve your cash flow. By Paul Gross
85 Ideas! How to find them and make them your own *(Editorial)*
104 In search of a quieter life. By Caroline Seebohm
106 How to get in on the auction action.
By John Block and David Redden
107 The no-noise, pollution-free electric car.
By Richard and Jean Taylor
107 Envelope architecture
108 Humanizing the house. By Paul Goldberger

WINE & FOOD

124 Meal in minutes
127 Vegetable power
128 Quick-cooking combinations
132 Chinese cooking for health
136 Good spirits: Sip for flavor. By William P. Rayner

GARDENING

76 Plants around the house: Getting back to roots
By Richard Langer
100 Eight ways to garden on a 100-foot lot
188 Gardener's notes. By James Fanning

BEAUTY AND HEALTH

28 Getting your mind in shape for peak performances every day
By Paula Rice Jackson

TRAVEL

64 Going places, finding things. Edited by Nancy Richardson.
Antigua—old-fashioned charm in the Caribbean.
By Dee Hardie; Cross-country ski marathon in Finland.
By Madeleine Noble

READER'S SERVICE

34 Dear House & Garden. By Margaret Morse
151 Shopping information
152 Shopping around with Audrey Nichols
190 Best in booklets

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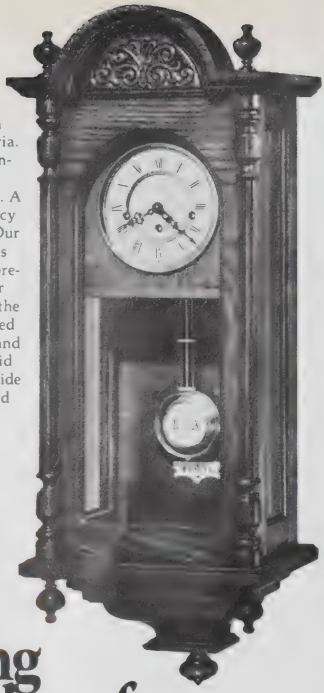


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BEAT

On the cover: A garden room, terra-cotta tiled, and latticed like an outdoor pavilion. Greens flourish in dark-painted wicker and leaf-toned walls. For flowery refreshment, a chintz sofa, cushions, and ruffled pillows, in colors echoed by porcelain plates and vases, and pots of narcissus. To make your own latticed walls nail laths horizontally, vertically, or in trellis pattern. And note the chair rail, made of wooden curtain rings. Chintz Manuel Canovas. Sofa, W & J Sloane. Chairs and ottoman, Walters Wicker. Cocktail table, DIA. Wicker table, The Wicker Garden. Chinese stack table, Roundtree. Tiles, Country Floors. Vases, Nuri Farhadi, and John Rosselli Antiques. Wall paint, Pittsburgh Paints. See Shopping Information.

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This month: Calculators that translate, build-it-yourself herb rack, stereo storage, chives to grow, National Yellow Pages and more

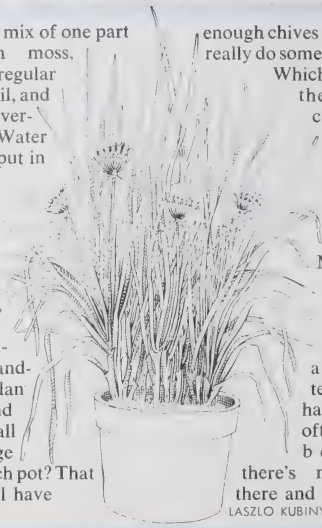
LIVING

GARDEN ART

CHIVES UP

Probably the most common herb on the kitchen window sill is chives. The plants, available at the greengrocer's or supermarket, are usually potted up in a sand mix that more properly resembles concrete than anything else. True, chives like a sandy, porous soil, but too much of a good thing will kill them as it will anything else.

Knock new plants out of their pots and gently crumble away as much of the soil as possible without damaging the roots. Now repot in a mix of one part sphagnum moss, one part regular potting soil, and one part vermiculite. Water well and put in a sunny spot. As long as you're going to repot anyway, why not get half-a-dozen standard-size plan clumps and put them all in one large 4- or 5-inch pot? That way you'll have enough chives growing to really do something with. Which brings up the second common problem often encountered —using chives too sparingly. Most of the prepotted chives come in small pots, and one tends to not harvest very often simply because there's not much there and it looks as if one would more or less obliterate the plant with a single cream-cheese-and-chives sandwich. They need to be cut in order to grow. Regular mowing, followed by regular fertilization, will produce the lushest crop.



LASZLO KUBINYI

Not that this will keep your chives growing indefinitely. Being of a northern temperament, chives are used to a winter vacation. Let the soil dry out and put the pot in the refrigerator for six weeks—or outside on the porch if it's really wintertime. After their rest, the plants can be relocated to their old spot and fertilized and watered well to commence their new growth. ■

RICHARD LANGER

SLIP OFFS



Easy-to-change sets of slipcovers

STANDART

Change your slipcovers the way you'd change your wardrobe? Impossible, you say. But this corner sectional has 7 "suits" and, in fact, you could have it with as many as 75 different suits of slipcovers. Sets of covers run about $100 each. Write Tech Furniture, 917 Bridgeport Ave., Shelton, Conn. 06484. ■

HOSPITAL HELPERS

Here's a book that covers all you should know about hospital care, from admission to paying your bill—modern medical equipment, what to expect from doctors and nurses, questions to ask now. *The People's Hospital Book,* Drs. Ronald Gots and Arthur Kaufman (Crown. $8.95).

NUMBER, PLEASE

The "Yellow Pages," which have been with us for a hundred years, offer a wealth of reference material, but if you want to call some distant city for such information, you're out of luck. Long distance operators don't have access to the Yellow Pages. Filling the gap is a publication called *Toll Free Digest.* The bulk of its 17,000 listings are hotels and motels, and it covers the entire country. The numbers also include listings for airlines, car rentals, business services nationwide. $4.50. Toll Free Digest, Box 800, Claverack, N.Y. 12513. ■



POT SPOT

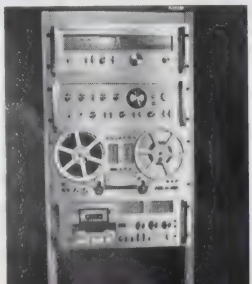
For those who love really beautiful ceramic art, there is a new gallery in Los Angeles run by Riko Mizuno, representing such top West Coast ceramicists as Elsa Rady, Ken Price, Mineo Mizuno, Ralph Bascerra, and Billy Al Bengston. A plate can cost $50, a teapot $80, with prices as high as $1,200. Riko Mizuno Fine Ceramics, 210 E. 2nd St., L.A., Calif. 90012. ■

PAMELA BARKENTIN



SOUND ON WHEELS

Sometimes it seems that there is simply no more room anywhere in the whole house to put things. With stereo components, it's especially true. And all those ugly wires! The Studio Rack System from Pioneer puts your sound system in order and then puts the whole thing on casters. The rack contains space for five components, vertically mounted into the rack. Your system does not have to consist of Pioneer components, though, as rack-mounting adapters allow units to be bolted into the vertical storage frame. $300; adapters from $100. Stainless steel. At electronic dealers. ■



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LIVING

WINE NOT?

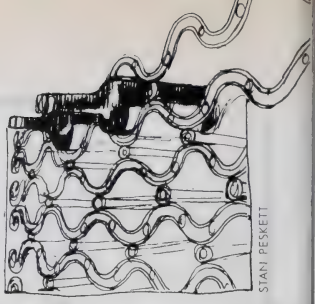
The "specialty of *this* house" is . . . wine. A new establishment has just opened in SoHo in New York, the area where the artists' lofts and avant-garde galleries are found.



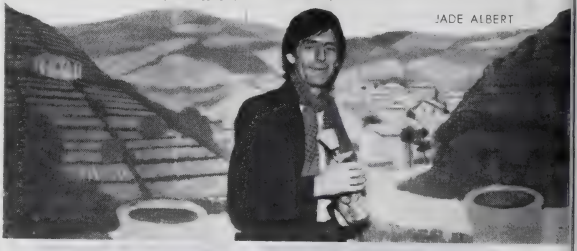
EDWARD OLEKSAK

The Wine Bar offers an educational alternative for those who love a light "something" after work, but not liquor. There's a choice of 30 wines-by-the-glass; an opportunity for satisfying curiosities about the tastes and differences among wines are very good. And there's just enough food to complement the wines in case your evening is only beginning and you want "just a bite" of classic cheeses that go well with wines, a bit of salad, charcuterie, and breads. The Wine Bar, 422 W. Broadway.

And here's an idea for wine storage, *right*, that designer Stan Peskett has done for another new restaurant in New York called Claret's, *below*. It's simple industrial wiring curved so that the bottles slip into the "vaults." 35 E. 60th St.



STAN PESKETT



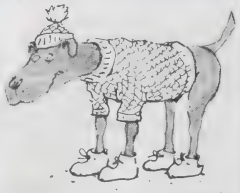
JADE ALBERT

PET NEWS

COLD COMFORT

Galoshes may look funny on a dog, but there's a good reason for his wearing them. The salt put on icy sidewalks to keep *us* from breaking our necks contains chemicals that are toxic to animals. A dog who walks on salted pavement gets the salt in his footpads. He comes indoors and licks it off and can get very sick. The answer is to put "boots" on him, or else to wash (not merely wipe) his feet when you bring him in.

Also if your dog spends most of his time indoors in very cold weather, he needs a coat or sweater



when he goes out. He feels the cold, because he's not used to it.

If yours is an outdoor dog, be sure to winterize his doghouse: Put it on blocks above the ground, facing away from the wind, put a flap over the door, and give him plenty of snuggly carpet or blankets. Don't let his water bowl freeze over—ice will hurt his sensitive tongue. ■

PATRICIA CURTIS

PERFECT FRAME-UPS

Here's a do-it-yourself project for all ages: reproductions of rare botanical engravings that you color yourself. Each portfolio comes with felt-tipped pens or watercolors, six 15-by-22-inch illustrations, and information on the original engravings. $15, Paradox Ltd., PO Box 375, Murray Hill Station, New York, N.Y. 10016. ■

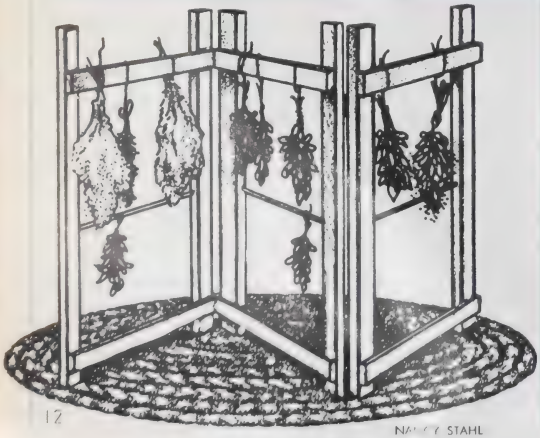


SCHOEN

HOW DO YOU SAY . . . ?

Wouldn't it be marvelous to have an interpreter along every time you visited a foreign country? You practically can now, with the Lexicon LK-3000, a hand-held computer that translates to and from English. It operates on pre-programmed tapes and works like a calculator—with letters instead of numbers. Tapes are available in French, German, Italian, Spanish, and Portuguese. Eventually, LK-3000 will translate 13 languages. $225 at department stores.





NANCY STAHL

DRYING HERBS

So many people wrote to House & Garden about the antique herb drying rack featured in the kitchen of John and Mary Emmerling, August '78, page 93, that we asked staff builder Joseph Staiano for directions: Have 6 1-by-2s cut, 40 inches high, and have some dowels made, 30 inches wide. Drill a ⅝-inch hole to accommodate the ⅝-inch dowels. Place simple hinges between panels so rack can fold accordion style. Cover with thin coat of polyurethane after sanding. ■

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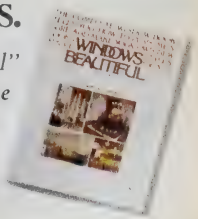


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CHARLOTTE WILLIAMS

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We are pleased that Mrs. Williams, A.S.I.D. and President of Charlotte's, Inc., chose Century Furniture—the sofa, covered in a handmade Indian crewel, suede bergere, and the upholstered Parsons' style benches. If you would like to see more Century furniture in beautiful homes throughout America, send for our booklet. Enclose $1 with name and address to: Century Furniture Co., P.O. Box 3427, Dept. G-4, Hickory, N.C. 28601.

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NGENIOUS WAYS TO MAKE YOUR LIFE

EASIER

February

IN THE KITCHEN

ots, plants, nd plates

nts love the humidity from hwasher and laundry ipment. So put them near- —it's like sending them on acation to the tropics.

nat to do if your oven's in and you want to warm the tes for a dinner party: Pop m in the dishwasher, set it ts last dry cycle and they'll warm when they come out.

l you know that cacti and culents are egg eaters? g-*shells*, that is. Crush them and mix with the soil—the lls are alkaline based, and l calcium to the soil. Some er plants, such as azaleas, odendrons, or gardenias fer an acidic soil, and will efit from coffee grounds ed into the soil.

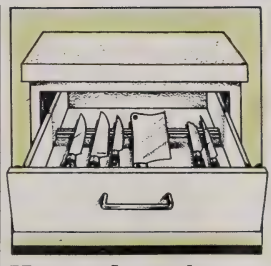
p a clay flowerpot—the d with drainage holes—in saucer near the sink. It can d scrub brushes, steel wool, l other within-reachables.



You can grow your own herbs indoors in small pots hung along your kitchen window. Once they've grown, dry them on homemade racks (see Living, page 12). Keep track of which ones to use with a spice wheel: "Great-grandmother's Kitchen Herbal" spice disk will help. (Available from the China Closet, 6807 Wisconsin Ave., Chevy Chase, Md. 20015 or Liberty House, 120 Stockton St., San Francisco, Calif. 94109, approx. $15.)

Biscuits for Bowzer

For hungry four-legged friends, why not bake some dog biscuits? Combine 1 cup all-purpose flour, 1 cup whole-wheat flour, ½ cup wheat germ, ½ cup dry milk (or soy-milk powder), and ½ teaspoon salt in bowl. Cut in 6 tablespoons shortening until mixture resembles corn meal. Beat 1 teaspoon brown sugar with one egg. Then stir into flour mixture. Add water gradually to make a stiff dough (approximately ½ cup). Knead on a floured board until dough is smooth and pliable. Then roll out to ½-inch thickness and cut with a cookie cutter (bone or cat shapes are appropriate). Bake at 325° F until lightly browned (about 30 minutes). Makes about two dozen biscuits.—From the *Dog and Cat Good Food Book*, by Dr. Terri McGuinnis (Taylor & Ng, $3.95).



How to keep it

Knives will stay sharper and be out of little hands' reach if you lay them on a flat magnetic rack and keep them in a drawer.

Sweet potatoes can be stored throughout the winter in a warm dry closet, says Edna Lewis. Refrigerating robs their flavor.

Tomatoes and other fresh vegetables can be picked before they're ripe (and before the first frost) and stored in a paper bag. If kept in a dark area, they'll ripen into the winter.

Space makers

If you've run out of space in the refrigerator during a party, fill top-loading washing machine with ice to keep drinks and beer cool.

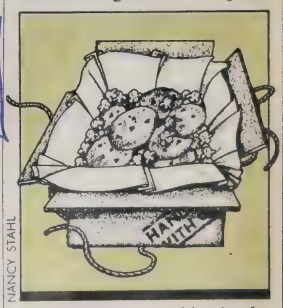
For extra work area beside the stove, or for a place to put hot items, put a piece of butcherblock over the top drawer of the nearest cabinet when opened. Store alongside stove when not using.

To the rescue

The Pasadena Art Alliance (314 South Mentor Avenue, Pasadena, Calif. 91106) has published a pocket-sized book called *All Things Wise and Wonderful: A Big Little Book of Hints* ($4.40 postpaid). Here are just a few of its pointers:

For containers that need to be super-dry before filling, put a sugar cube at the bottom to absorb excess moisture.

A new powder puff kept with your flour jar makes a fine duster for greased cake pans.



NANCY STAHL

When sending cookies in the mail, make up a batch of popcorn and use it to protect the cookies from crumbling.

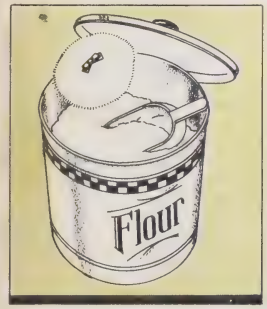
When cookies arrive, store them in a cookie jar with some crushed tissue paper at the bottom—they'll stay crisper longer.

A dry sponge placed at the bottom of the vegetable bin in your refrigerator will keep them fresh by absorbing extra moisture.

For more kitchen tips, turn the page

Vinegar simmered on the stove will help cut down on unpleasant cooking odors. And it (or a touch of tomato juice) makes a good bath freshener for family dog or cat!

Baking soda is one of the most versatile kitchen products. Use it: as a fire extinguisher (good for grease fires); as a paste with a bit of water to remove stains from Formica scratch-free; dampened with water to relieve pain from bee stings; even mixed with boiling water to revive old brooms: Dip broom in solution, then dry in sun.

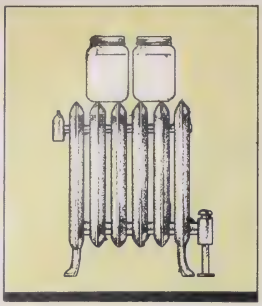


Short cuts

For a quick gazpacho, Peter Dunlop gives leftover salad a whirl in the blender.

Nothing in the refrigerator for short-notice hors d'oeuvre? Look again. Cheese puffs and cheese fingers can be made with biscuit dough: Sprinkle Parmesan cheese over dough, fold, sprinkle again, fold and sprinkle once more. Bake until browned. Or, bake quarter-sized biscuits, spread with mayonnaise and top with Parmesan cheese. Reheat until cheese melts. Another appetizer in a hurry: Cut small squares of toast, spread mayonnaise, add small slice of onion and paprika. Heat until warm.

You don't need a yogurt machine to make yogurt—it can be made in the oven or atop an electric buffet server or radiator. Take a quart of milk, heat to a boil, and then cool at room temperature till you can hold your finger in it without getting burned (about 110°). Add 2 tablespoons of plain yogurt, cover in large



mixing bowl and keep warm for about 5 hours. More recipes and variations in *The Yogurt Gourmet* by Anne Lanigan (Quick Fox, $5.95) or *The Yogurt Cookbook* by Lorry and Gerry Hausman (Persea Books, $4.95).

Let a pasta pot or strainer help you make soups. Put vegetable and meat inside the strainer, immerse it in a larger stockpot and let cook. When the vegetables are done, just lift them out—no need to strain the soup.

To revive bread, place a damp paper towel alongside bread, wrap in aluminum foil, and pop in warm oven. Or, sprinkle water lightly over bread before wrapping in foil and heating. A wet, brown paper bag will also do the trick. Remember, bread wrapped in foil will stay fresher longer.

Tips for food processors

(from the people who make them and use them)

Abby Mandel revives sherbets that have crystallized by processing or blending with steel blade and then refreezing.

For a dessert on the double: Janeen Sarlin takes 10 ounces frozen strawberries, 1 cup cream or milk, and purées until it's a smooth ice cream (you can add sugar if you want). Spoon into a sherbet glass and top with mint sprig.

The texture of leftover tuna or egg salad can be quickly restored by popping it into the processor and using the plastic blade.

—Hamilton Beach Co.

Out of the freezer

When planning menus for the week, think twice: Double the recipes, serve one meal and freeze one. Next week, all you'll have to remember is to take your homemade dinner out and heat it up.

Be sure to label and date with indelible ink all items in the freezer—and indicate how many servings per packet.

Ice trays are good for freezing sauces or spices that are used in small quantities. When frozen, pop from ice tray and store cubes in plastic bag.

For kids, freeze fruit juices with toothpicks in the ice tray to make mini-popsicles. Larger sized treats can be made with small paper cups and popsicle sticks.

Keep bread in the freezer—it'll last longer. If you take a sandwich to work or school, make it with frozen bread slices—it'll thaw out and be fresh in time for lunch.

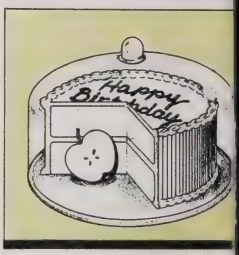
Marilyn's kitchen

From Marilyn Schafer, contributing editor, House&Garden:

To keep cheeses fresh, wi them in a cloth moister with vinegar.

When measuring molasses a cup, grease the cup first it'll pour more easily and stick to the sides. (Or, su gests the Pasadena Art A ance, dip the measuring c in very hot water first.)

NANCY S



In a hurry for a cake frostin This one's a breeze: Melt scant cup of semisweet choc late morsels over boiling w ter; stir in ½ cup sour crea and ⅛ teaspoon salt. Stir u til smooth, then spread cake. Covers top of 10-in cake or top and sides of inch one.

An apple a day keeps cak fresh—slice an apple in h and put with cake in an a tight container.

House & Garden's Idea Box



SUSAN WO

Here's a handsome way to keep your favorite recipes and cooking tips from House & Garden. It's the House & Garden Idea Box in beigey linen weave paper that works with any color scheme. Standard file size, it can stand handily with your cookbooks. Send check or money order for $ with your name and addr to House & Garden, De FB, Box 3562, Grand Cent Station, New York, N. 10017. Continental Unit States only. Allow 4-6 we for delivery. Money-ba guarantee.

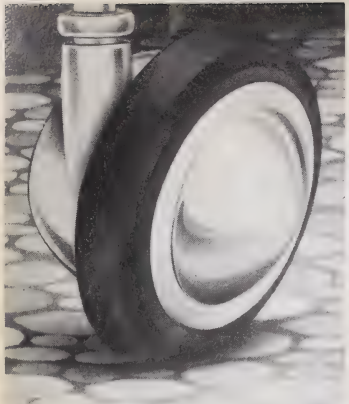
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By Louise Ade Boger



ANTIQUES

QUESTIONS & ANSWERS

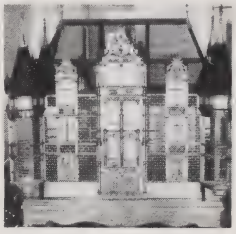


■ STAFFORDSHIRE POTTERY

From the markings and my photograph, what can you tell me about this jar?

L.E.C.—Omaha, Nebr.

According to your markings, the English Staffordshire potters Bates, Gildea, and Walker, active at Burlem from 1878 to 1881, registered your pattern "Kioto" or "Kyoto" (imperial capital of Japan, 794-1868), at the English Patent Office on Nov. 24, 1880. The impact of Japan on the decorative arts in England in the second half of the 19th century had, by the 1880s, become a mania. Every mantelpiece in every enlightened household displayed at least one Japanese fan; parasols served as summer firescreens; and asymmetry of form and ornament spread to furniture, silver, pottery, and porcelain. To the great English public, as one writer noted in the trade magazine *The Cabinet Maker and Art Furnisher*, "Japanese art has taught the advantages of asymmetrical arrangements so that one need not always have pairs."



■ EUROPEAN BIRDCAGE

Have you any idea of the origin of my old birdcage, and can you tell me something about the history of these cages through the years?

L.S.—Great Neck, N.Y.

Chaucer, in his *Squieres Tale* of 1386 writes of "briddies . . . that men in cases fede." From the close of the Middle Ages onward, a taste for exotic birds was widespread among the aristocracy in Europe. Early birdcages seem to have been made of copper or brass wire, but cages of silver and gold are also mentioned. Many of these costly cages weren't intended for real birds but for stuffed ones filled with powdered perfumes from Cyprus, and much later for mechanical singing birds—or they were used as decorative objects. The majority of early cages of any decorative value are of French or Dutch origin. In the 18th century, English cages became more abundant. Your cage of architectural design is European, probably French, mid-19th century.



■ PHILADELPHIA TRUNK

The label on my trunk says: Oscar D. Hall, Travelling Trunk Valise & Carpet Bag Manufacturer, Wholesale & Retail, No. 136 Market Street." Have you any information about this firm?

J.P.—Lakeview, Ore.

The paper label on your traveling trunk is an interesting commentary of the era. Oscar D. Hall made and sold trunks at 136 Market Street, Philadelphia, Pa., from 1850 to 1857. He was born about 1820 in Maryland and is last listed in the Philadelphia Directory in 1861 as a salesman at 704 Brown Street. He may have moved from Philadelphia after that.

■ CONNECTICUT CLOCK



We found this old clock in the attic. It has William L. Gilbert Clock Co. on it. I would be interested in knowing something about its origin.

A.C.S—Redwing, Minn.

Your clock was made in Winstead, Conn. The company added the Gilbert Occidental walnut shelf clock to its line in 1881. In 1883, the clock retailed for $6.10 for a regular strike, $6.65 if it had a deep gong. By 1901-1902, it was selling for $9.20. Probably by World War I, the model was no longer made.

Continued on page 24

Drexel captures the fresh, bold spirit of Tudor England in the Chartwell collection.



Even if you didn't inherit a manor from a lordly English uncle, you can enjoy the grand style of Chartwell. For this deft blend of Tudor and country casual is equally at home in a townhouse or secluded weekend retreat.

Pecan solids and fine imported oak veneers are enhanced by a clear fruitwood finish. Leaded glass grilles, imported from Germany, distinguish the collection as well. Throughout the group, Chartwell reveals its hearty spirit in the bold rope turnings of bedposts and table legs, in the sturdy bun feet of chests and cabinets.

Come, visit your Drexel Heritage dealer soon. And take a tour of this fresh, exuberant collection: Chartwell.

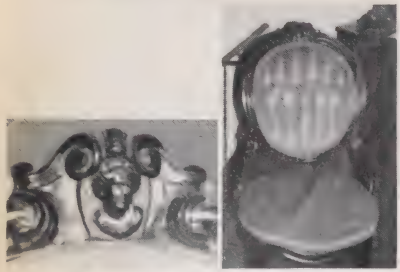
For your nearest Drexel Heritage dealer, call toll free 800-243-6000 (in Connecticut 1-800-882-6500). For Drexel brochures and a room-planning kit, send $2 to: Drexel Heritage Furnishings Inc., Dept. 15-2-79, Drexel, N.C. 28619.

Drexel We've got your style.

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ANTIQUES

continued from page 20



VICTORIAN CHAIR

I would like to know the period and something about the style of this old chair with cabriole legs.

M.F.—North Plainfield, N.J.

Your Victorian chair is a pleasing example of the simplified Revived Rococo style, dating about the 1870s or early 1880s. The curves of the chair are less pronounced, as is evident in the cabriole legs. Usually when a medallion head is found in the crest rail of a chair (a feature not uncommon at this time), if it should be of a well-known personality, her name is given.

DANISH PLATE



This is the mark on the back of my plate. I know the plate is Danish, but what else can you tell me about it?

N.S.—Rolling Hills, Calif.

Until 1968, Royal Copenhagen faïence bore a capital A mark crossed horizontally with the characteristic 3 waves used on Royal Copenhagen porcelain since 1775. Apparently, Royal Copenhagen gives the name faïence to lead-glazed earthenware possessing artistic merit and not necessarily to tin-glazed wares.



ENGLISH POTTERY

My punch bowl is marked "Ruskin, England." Please tell me anything you can about the pottery company that made it and its background.

B.M.—Chattanooga, Tenn.

W. Howson Taylor (1876-1935), English artist-potter started the Ruskin Pottery at Smethwick, near Birmingham, i 1898. It closed July, 1935. This art po tery produced earthenwares chiefly usi glaze effects as a sole means of decor tion. This great interest in the color po sibilities and textural effects of glazing a means of artistic expression is relate to the strong impression made by Japa ese stoneware, which became known Europe at the close of the 19th centur



SILVER-PLATED KNIFE

I know my knife was made by the A sociated Silver Co., and it has the wo "Yourex" printed on it. Can you tell n something about the knife and whethe or not it is sterling silver?

M.B.—Highland, Il

The 1922 edition of *Trade Marks of th Jewelry and Kindred Trades* lists the A sociated Silver Co. under silver-plate ware, at Chicago, Ill. The same editio carries a two-page advertisement f Yourex, "silver-plated knifes liberate from black edges . . . that cannot we black like all others must and do," an appropriately depicts the Statue of Lib erty amid the knives. Your pattern Marjo-Nell.



AUSTRIAN MARK

From my drawing of the mark, can you tell me where my dishes were made and wha the initials MZ stand for?

W.G.P.—Bassett, Neb

Your dishes were made at a porcela factory located at Altrohlau, near Carl bad, Austria, at some time after 189 and before 1920. MZ are the distinguish ing initials of Moritz Zdekauer, who one time was proprietor of the factor which exported much porcelain America.

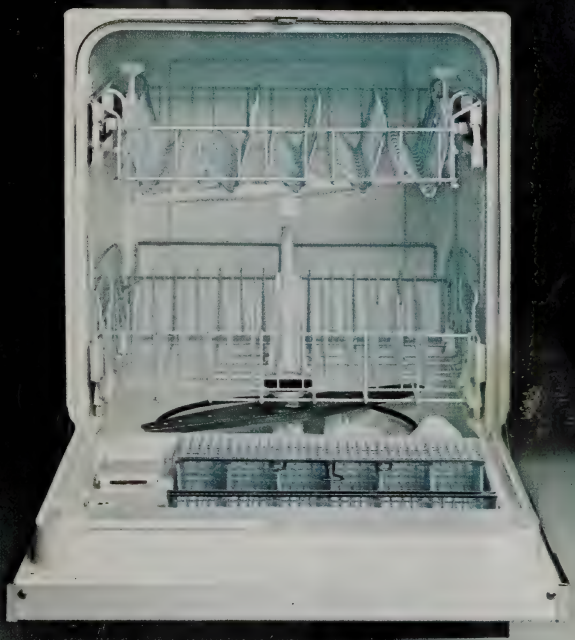
ANTIQUES SHOW

Highlighting the 25th annual Winter Antiques Show in New York City will be a turn-of-the-century conservatory by the New York Botanical Garden, designed and staged under the direction of Carlton B. Lees, well-known horticulturist and landscape designer. Revealing the opulence of the period, it will include citrus, orchids, bromeliads, tulips, hyacinths, and ferns. The show will be held Jan. 27 through Feb. 4 at the Seventh Regiment Armory, Park Ave. at 67th St., New York, N.Y. 10021.



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We included sound insulation so our dishwasher runs quietly. And we installed an energy saving switch that allows you to air dry your dishes.

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ELECTRONIC CIRCUIT



By David Lachenbruch

The new whiz cameras

Micro-electronics moves in on photography; plus update on FM tuning

Q What is electronics doing for still photography?

A Even simple cameras with no electronic devices actually *in* them have been designed largely through the use of computers—which are used extensively to develop new, better, and more economical lens systems, camera bodies, shutters, and other components. Electronics also has improved the picture from all cameras, old and new, because the design, manufacture, and processing of film are now computerized operations.

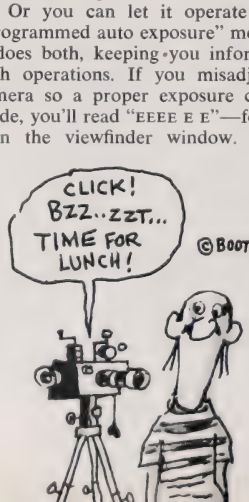
Electronics actually made its way into photography through accessories such as the light meter and strobe light. Since then, electronics within the camera itself has made photography more automatic, more convenient, and more versatile. First the light meter moved into the camera. Then it took over the job of actually setting the lens speed or shutter opening or both. The strobe light has also moved into many cameras either as a built-in or removable accessory. Now the use of integrated circuits, including microprocessors (or minicomputers), permits cameras to do incredibly fast and accurate computations.

In advanced cameras, for example, electronics may control the shutter with extreme precision, carefully timing its speed from as much as 30 seconds all the way down to 1/1000 of a a second. Today there are cameras with electronically controlled motors which advance the film, cock the shutter, and permit pictures to be taken at almost movie-camera speed of up to five per second for action-shot sequences.

Until very recently, focus was one operation in photography which seemed impossible to automate. Now two automatic-focus systems have been introduced, which let you just "aim and snap" to produce excellent results in types of cameras which formerly required manual focusing. In using either system, you center the subject in the viewfinder, and the camera does the rest.

The Konica Autofocus AF, a reasonably priced 35-mm rangefinder camera, uses an integrated-circuit sensor to compare two images and automatically adjust the lens-to-film distance to the point where they are precisely equal. A new instant color camera from Polaroid, the Sonar OneStep SX-70, uses another ingenious system to provide accurate automatic focus. When you partially depress the shutter button (or "electronic trigger," as Polaroid calls it), the camera emits a series of inaudible "chirps." At the same time, a precise electronic "clock" is started. The clock measures the exact amount of time it takes for the chirp to leave the camera, bounce off the subject and return to the camera, and sets the focus accordingly. You see the picture come into sharp focus in the viewfinder. Of course, this ultra-precise and instant focus system would be impossible without the use of sophisticated micro-electronics. One new 35-mm single-lens reflex camera, the Canon A-1, obviously foreshadows things to come. When you look through the viewfinder of this relatively expensive camera, instead of seeing pointers or dots indicating the exposure or lens opening, you see actual lighted numerals showing precisely the current status of the automated lens aperture or shutter speed system, or both. They're the same kind of digits you see on a pocket calculator.

With this automated camera, you can set the shutter speed and the camera will automatically set the lens opening, printing it accurately in red digits. You can set the lens opening and read the automatic shutter-speed numeral in the viewer. Or you can let it operate in the "programmed auto exposure" mode and it does both, keeping you informed of both operations. If you misadjust the camera so a proper exposure can't be made, you'll read "EEEE E E"—for error —in the viewfinder window. As the "digital revolution" in electronics continues, you can expect other cameras to show adaptations of this approach.



Q Doesn't electronics add a lot of things to a camera that can go wrong?

A There's no doubt that you pay a price for convenience and automation in terms of both initial cost and repairs (and batteries). Electronic devices are generally unnecessary in simple snapshot cameras. For example, while electronic focusing is a step toward more sophisticated camera automation, many simple cameras require little or no focusing by design. (As another argument against automatic focusing, even in complex cameras, some people enjoy doing it themselves, just as some drivers get a bang out of shifting gears manually.) In cameras which don't need precise focus to make good pictures, there are some simple focus aids which are highly effective. In its instant color cameras, Eastman Kodak uses a "zooming circle" to make certain faces are in focus. In the viewfinder there's a circle which changes size as focus is adjusted. When the subject's head just fills the circle, it's in focus.

In its new series of low-cost, tiny Ektra cameras, Kodak seems to have deliberately avoided electronics. The basic Ektra cameras are fixed-focus and therefore need no focusing aids. These cameras are the first low-cost versions designed to use the new high-speed film (ASA 400), and the film cartridge automatically sets the camera's shutter—but by means of a mechanical tab rather than electronically. Inserting a flipflash automatically sets the shutter speed for flash photography. But even with a flash, the Ektra needs no battery (the flipflash generates its own electricity).

Q I have a good FM tuner in my hi-fi system, but I still find it difficult to locate many of the stations, or to be certain I'm tuned to the channel I want. Are the manufacturers doing anything about this FM tuning problem?

A There's a new kind of tuner (also incorporated in some receivers), which works on the principle of "quartz frequency synthesis" and ends your problem once and for all. This type of set uses an extremely accurate quartz-crystal oscillator to tune the stations' exact frequencies. There's no dial as such; instead, there is a digital readout. As you tune across the dial, each station's exact frequency—such as 103.5—appears in lighted numerals on a screen where the

Continued on page 78

Editor's Note: David Lachenbruch is author of Videocassette Recorders—the Complete Home Guide. *(Everest House).*

The Preferred Taste

Discover why more and more smokers switch every day to the largest selling low tar menthol cigarette. They prefer the mellow flavor, cooling menthol, and total satisfaction in Salem Lights.

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"tar", 0.8 mg. nicotine av. per cigarette, FTC Report MAY '78.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

LOOKING GOOD FEELING FIT

Getting your mind in shape for peak performances every day

Two doctors have mapped out a fascinating 21-day program. Here's a look at how it works

By Paula Rice Jackson

Someone gives what is called a "peak performance"—a one-time event that's described as the culmination of years of concentrated effort, skill, and devotion to an activity. We usually associate peak performances with Olympic athletes like Bruce Jenner or concert artists like Artur Rubinstein. That a kind of "fitness" is required of both performers there is no doubt, and that fitness, say psychologists Dr. Richard Corriere and Dr. Joseph Hart, is by no means limited to those who have spent that kind of effort preparing for the experience. Neither is it a "one-time" occurrence. Their fascinating new book, *Psychological Fitness: 21 Days to Feeling Good* (Harcourt Brace Jovanovich), maps out a three-week program that teaches you how to "flex" your psychological muscles in many areas of your life. Since we automatically accept that our body's muscles have elasticity and flexibility and must be "worked" to maintain our strength and suppleness, why can't we apply the same images to personality? Without exercise, it too can become rigid, atrophied, and lifeless. *Psychological Fitness* shows that peak performances result from a mental attitude of awareness, and from an appreciation of personal potential in any one of ten areas: work, play, love, friendship/relationships, sex, intellectual development, emotional development, moral development, physical fitness, and, yes, your sleeping and dreaming. They call it "mind jogging," and the exercises they've devised include a method called "FIT"—how to use *F*eelings, *I*mages, and *T*houghts to help you make psychological gains, which the Drs. Hart and Corriere believe will help you have peak performances at peak pleasure. The system comes from their work at The Center for Feeling Therapy and The Clinic for Functional Counseling and Psychotherapy in Los Angeles.

How **expressive** are you? *(Do you say what you think and feel?)*

How *active* are you? *(Do you tend to stay in the background?)*

How **aware** are you? *(Do you know what's going on and why?)*

How much feeling do you have? *(Do you allow yourself to experience your emotions?)*

Week One

The first 7 days of the program involve "stretching" the personality—loosening thoughts from old mental habits which allows for a freer-flowing attitude and lets the awkward experiences of change stick. Four questions help you stretch, called Key Questions, and the doctors suggest that you pose them to yourself in the early morning when distractions are apt to be least and habitual attitudes, their least compelling.

Without a specific context to provide a background the questions seem vague. The point is to see how the "inner" world of thoughts and feelings aligns with the "outer" world of words and actions. The F-I-T person has integrity which means that the outer reflects the inner. Drs. Corriere and Hart call expression, activity, awareness, and feeling "personality dynamics." They also add "contact" as the fifth dynamic and they emphasize contact exercises because "they're the only ones you can't do by yourself." To underscore the importance of contact exercises, they quote Dr. James Lynch, scientific director of the Psychosomatic Clinics at the University of Maryland School of Medicine, who says, "People will have to learn to take human relationships as seriously as they do their exercise and diet. We would all be healthier if we had more social contacts."

day 1 Expression Exercises:

Think about what you have to say and how you express it. How closely do they match? Say to yourself in different tones of voice and at different volumes, "I'm hungry," "I'm jealous," "I'm tired," "I have what it takes," "I want a raise," until the tone and the expression match.

F When you express yourself so that your inner self and outer self match, your outer self should feel *satisfied,* even though you don't receive the response you want.

I Picture something in motion. Use an image of yourself as a changeable, vibrant person with many feelings about many things.

T Think, "I am able to say what I feel, even if I don't know what I'll feel in advance."

day 2 Activity Exercise:

Your personality needs both to express and to be active. And activity, physical movement, requires space. As children we tended to take up much more space than we do as adults, but as we grow older, we seem to require less of it. Imagine yourself entering a room that's filled with people, then imagine a box that surrounds you in that room. Is it a large box? A huge box? A box just a bit larger than your body? Is there space enough for your arms and hands to move? Are you comfortable with your body? Are you the one to run, to reach out to touch or hug a friend? Do you use activity as a way to let others know how you feel?

F Make a list of things to do, some important, some unimportant, that will show you how much you like or respect someone. Every completed activity or task on the list will leave you *feeling whole and replete.*

I Picture a graceful animal in motion, using its activity energy effortlessly.

T Think, "I am always able to move. I'm ready."

day 3 Feeling Exercises:

Learn to guide feelings instead of controlling them. Think about a time when you were a child or remember a recent event that made you feel very sad. Allow yourself to experience the sadness. Feel your face and chin; feel yourself giving in a little. The psychologically FIT person doesn't try to control his feelings; instead he experiences them. It's a sure way to make contact between the inner

Continued on page 30

IS YOUR HAIR GETTING ALL THE PROTEIN IT NEEDS?



Imagine this is a shaft of hair. ■ Red represents the amount of protein that could be absorbed by the hair before CPP Catipeptide.™ ■ Gold represents Redken's unique protein, CPP Catipeptide. It can be absorbed so much better than any protein we've ever used.

To look and feel its healthiest, hair needs protein. If you bleach, tint, perm, blow-dry, crimp, shampoo often or spend a lot of time in the sun, chances are your hair needs protein. The question is how can you get it.

You're not a scientist. You know your hair needs something. But what? How much? From where? Redken's spent 18 years scientifically researching hair just to come up with those answers. And during that time we learned a lot about protein.

How is protein absorbed by hair in the first place? Your hair's protein has a certain amount of electric charges (think of the static electricity you generate by brushing your hair). So does our protein. Hair in need, especially damaged hair, happens to have more negative electric charges while protein has positive ones. And remember from your high school chemistry, opposites attract. These opposite charges naturally like each other. They act like little magnets.

What Redken has done is to manufacture a natural protein that's more attractive to your hair. CPP Catipeptide is different because it averages two positive charges instead of just one like other proteins. CPP Catipeptide is also specifically designed to the correct molecular size and weight. So it can get through to your inner core of hair and stay there.

CPP Catipeptide responds to your hair's protein needs. Whether it's a little or a lot, CPP Catipeptide delivers.

Where can you find it? Only Redken has this incredible protein. In a group of hair care and conditioning products: Amino Pon® Concentrate Ready-to-Use Shampoo, Climatress® Moisturizing Creme Protein Conditioner, P.P.T. "S-77"® Protein Conditioner and Bodimer+™ a body builder. And you can find these products in hairstyling salons that use and sell Redken. Check your Yellow Pages for the one nearest you.

Is your hair getting the protein it needs? Now you don't have to worry.

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YOU CAN TRUST THE 9000 SALONS DEDICATED TO THE REDKEN PROMISE: BEAUTY BASED ON SCIENCE. REDKEN®

LOOKING GOOD FEELING FIT

continued from page 28

and outer selves.

F Feel *centered* inside yourself with emotions beginning inside and slowly flowing out. Identify your feelings as your own and not as a response to or reaction to what someone else has done. "I am angry," instead of "he made me angry."

I Imagine a brightly colored wheel turning in the wind. Feelings are like the fleeting colors. They change.

T Think, "I am full." Feelings fill you up. Shutting them out results in a feeling of emptiness.

day 4 Clarity Exercises:

Seeing things the way they are only happens when the four personality dynamics are working together. Just identify ordinary things for what they are and what they are not. Point to different objects and say, "That's a coffee cup. It's not a house," "That's a tree, it's not a cat," "I'm me. I'm not my mother." The exercise imparts an awareness of personal identity that is stronger and more stable.

F Clarity *feels quick and sure.* Don't wait until you have the whole sentence or paragraph, start with a word and allow yourself to change the word for a more precise one when you're analyzing what's what.

I Imagine a light that shines with a wide range of brightness; sometimes like a star, at others, like a sun.

T Think, "My thoughts talk to me, tell me about things that I may not have consciously noticed. I should listen."

day 5 Contact Exercises:

Before you begin to do anything else, call a friend and just talk. Don't spend any time wondering what you'll talk about, just do it. Since people are usually in the process of moving toward or away from contact, the more *you* move toward it, the better you'll feel.

F Feel the impulses you have toward and away from people. Choose the ones that make you move forward and act on them.

I Picture yourself as a square cube and as a round ball. The cube is stationary, the ball moves. It makes you roll around in a group of people. Every time you move toward contact, imagine the ball growing bigger. But every time you move away from contact imagine the ball growing heavier. It gets so heavy you can't move at all.

T People who slide away from contact often feel like they are being moved; they aren't actively choosing for themselves. Think, "I can choose people. I don't have to wait to be chosen."

HERE'S A MINI-EXERCISE FOR FRIENDSHIP FITNESS

Set aside a part of your day for this exercise just as you would time for tennis or running. Try ten minutes, three times a week. Plan on keeping this schedule for a month. Get a tape recorder or stand in front of a mirror and talk to yourself about how you feel—about the quality of your day, about things in general, what your physical sensations of the moment are, the topic doesn't matter as much as that you say the words. The exercise will help you discriminate your feelings and it will allow for feelings to be released from inside you, out toward the world. Express the negative, the positive, the known, the uncertain, but say the words. After a month, invite a friend to share this activity with you on the same schedule. *Contact* is the result. You with you and you with your friend. ■

day 6 & 7 Reviewing

Some of the personality dynamics exercises will have provoked you or stayed in your mind in some way that's stronger than others. Review and renew your perception during these two days in those special areas.

Weeks Two and Three:

The doctors' program for the second and third weeks is a carefully detailed series of questions and personality "stretching" and "warm-up" exercises that include the *F*eeling, *I*mage, and *T*hought processes described above. The questions posed for the ten life areas concentrate on helping you uncover the pleasure you take in whatever you're doing. If you find the pleasure missing from, say, your friendships, your work, or your intellectual or artistic interests, the exercises help you to develop the skills that improve your capability until you reach a point that does satisfy you.

Does it work?

"It most certainly does," says Dr. Hart. "We have used the language of physical fitness because we're trying to change the way people respond to the phrase, 'mental health' or 'mental hygiene.' When a person thinks 'mental hygiene,' he thinks, 'I may not be clean.' That isn't conducive to engaging people's interest in change. Though we've had our clinics in Los Angeles for about eight years, we've always wanted to have a way of reaching a wider group of people, who either couldn't come to the clinics or didn't need the in-depth therapy programs our clinics provided. 'Mind jogging' is a system we like to think of as 'preventive health care.' Once you start exercising your personality, you'll start changing. As joggers grow from loping,

Continued on page 32

(ADVERTISEMENT)

"I think you always have to be true to yourself first."



At 38, Sandy Pascoe has a well-thought-ou philosophy of life. "My philosophy really i that our needs are different at differen stages."

Right now, Sandy's children are older an Sandy has made a decision to return to work ing full time as an artist. Taking good care o herself is just as important in Sandy's new stage of life. "Looks are not the most impor tant thing. But I really do enjoy that I'm attrac tive and I enjoy that other people think I'm attractive."

For her body, Sandy swims a quarter of a mile a day, plays racquetball and exercises regularly. And for her skin, Sandy also uses Oil of Olay. She especially likes the fact tha "it's not greasy and it doesn't seem to clog my pores." Sandy is also careful about the sun an uses Oil of Olay when she's been outdoors.

Sandy doesn't know how long she wil work. "Nothing is forever. My needs migh change in five years, ten years. But by th same token I, too, feel that life is fantastic an I live for today."

Beauty tips

1 Use Oil of Olay® beauty lotion throughout the day but especially in the morning and at night after you wash your face. Lavish it on. Oil of Olay eases dryness. It provides a moist climate for your skin to luxuriate in. You'll notice how smooth and soft your skin feels, how radiant it looks from the very first time you use Oil of Olay.

2 The tropical oil and precious emollients in Oil of Olay make it a wonderful base for make-up. Smooth it on before foundation. To keep make-up from streaking and caking. To keep make-up looking fresher longer. And to give your skin a radiant glow.



"I think you always have to be true to yourself first."
– Sandy Pascoe
St. Louis

continued from page 30

to cruising, to running, to marathon training, so does the mind and its reflection, personality. Once you begin to notice change, the change affects your feelings which affect your thoughts and allow for further questions, further change. We've used the fitness technique for about two years."

For more information about Drs. Hart and Corriere's programs in Los Angeles, Montréal, Boston, and Munich, write Program Director, The Fitness Center for Functional Psychotherapy and Counseling, 7165 Sunset Blvd., Los Angeles, Calif. 90046 (213) 874-3136.

■ BEAUTY AND HEALTH PRODUCTS NEW THIS MONTH IN THE STORES

The fragrance momentum continues to increase. Every month brings another treat for the senses, whether it's a new scent to explore or an old favorite introduced to a new, younger audience. This February brings one in each category. First, the old—*Jean Patou's* **Amour Amour**, which is one of the most romantic, feminine scents going. The fragrance is floral, blended with roses and jasmine from Grasse and narcissus for a very light tang. Try it in the quarter-ounce purse spray for $14, which is just small enough to tuck into an elegant disco-bag. The new fragrance is for the men, and it's called **Classic** from *Alexandra de Markoff*. The beauty here is that Classic is also a treatment group for skin. The collection has four parts: "Classic Cleansing Bar," "Classic After-Shave Toner," "Classic Moisture Concentrate," and "Classic Cologne," the crisp scent being very subtle in the cleansing and toning products and a bit more pronounced in the cologne, of course. Good news is that the moisturizer's got both soothing allantoin and sunscreens, so it makes an effective protective mantle for the skin during winter sports. Cleansing Bar, $8.50; Toner, $14.50; Concentrate, $16.50; Cologne, $18.50. Both Amour Amour and Classic are available at fine department stores across the country.

One of the most convenient and useful half-ounces of anything in your makeup kit has just had some additions made. *Clinique's* **Color Rub**, which so many women love to use instead of foundation, has three new shades to offer. "Shell Pink Rub" is for the palest, sun-shy skin, "Bronzed Pink Rub," for a deep, tawny look, and, for a color that's very good for black skin, "Plummy Brown Rub," as it has just the right amount of blue to make it natural. They're $5 each and available at Clinique counters in fine department stores everywhere.

If your winter plans include a warm vacation or a cold one with plenty of sun on snow or water, take along **Moist Environment Body Treatment**, a full-length body lotion for skin that needs extra soothing, extra moisturizing. It's fragrance-free, loaded with sunscreen whose SPF rating is "2," and comes in two sizes: 6 ounces, $8.50; 12 ounces, $15. By *Charles of the Ritz*.

Moisture for your hair is something you'll be hearing more and more about as electric curling wands and blow dryers become ever more popular. Right now there's help for hair from *Ogilvie* who has a two-in-one natural spray called **"Mist-Mate with Panthenol,"** which is both a conditioner and a styling/setting aid. Use it after shampooing by lightly spraying wet hair before the heat attack. It's $3.25 for a 6-ounce can at drugstores and hair-care product counters across the country.

Subtle color for your eyes—**The New Smokeys** are a gorgeous and versatile group of soft, subdued colors in **Eye Color Styler Pencils** from *Maybelline*. The pencil tips are quite emollient, which means the color always goes on smoothly and stays put better if you just dab a bit of translucent powder on your lids before you stroke the color on. These are "high fashion" shades and many are neutrals, which work within the color schemes you may already be wearing. Some of these special colors are "Smokey Amethyst," "Brown Bare," and "Burnt Cork." "Bordeaux" and "Blazing Ginger" mixed together make a piquant and lively look for brown eyes, especially. $2 each at variety and drugstores.

Once a classic, always a classic, but sometimes a favorite comes in a new form or combination. Such is the case with **Arpège**. Those marvelous Art Deco bottles that the scent first came in have been adapted for a new bath collection. The 1927 limited edition group will have shower gel, bath oil, and the perfumed cream "A Veil of Arpège" in a black box for $40. Look for the *Lanvin* boxes at fine department stores in mid-February.

PAULA RICE JACKSON

Your fragrance and herbal almanac
The sign: **Aquarius**



Circa: January 20-February 18

Plants identified with Aquarius have characteristics as distinctive as do the people born in the sign. Plants as diverse as holly, ivy, and moss. Another is ginseng, miracle plant of the Chinese. Our American Colonial women kept the moths at bay with sweet-bags, small muslin bags filled with spices and leaves of wormwood, rue, rosemary, and southernwood. Aquarians respond intuitively to the élan of **Antilope** by *Weil*. There's an electric new fragrance personality on the scene—**Mystère de Rochas**, not to be missed. **Dunhill Cologne for Men** is crisp and clear. ■

MARIA REACHI

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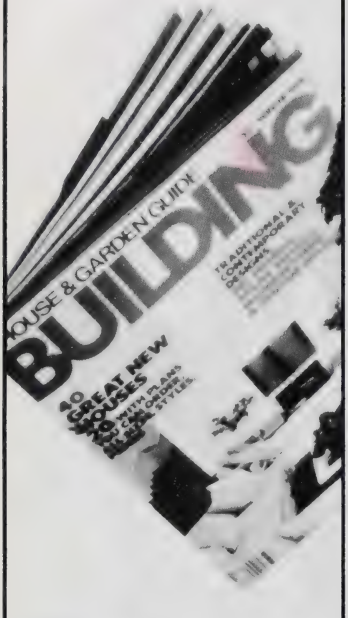
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DEAR HOUSE & GARDEN

Answers to your questions. Here we share some interesting letters from our readers. By Margaret Morse

■ "GROWING" WINDOWS

We'd love to install a greenhouse bay window in the kitchen so we can have fresh herbs year round. Can you suggest some manufacturers?
—M.J.O., Hoboken, N.J.

Some manufacturers to write for names of dealers near you are listed below. Should you choose a model with glass or rigid plastic walls? According to one expert, glass is a slightly better insulator and will stay transparent and color-free indefinitely. Rigid plastic such as acrylic is generally somewhat cheaper, and a good idea if the window is near a play area or tree where there'd be risk of breakage. If you didn't catch our January, 1978 story "For People Who Want To Live In Glass Houses," look for it at your library: there is a long list of greenhouse manufacturers (not all of which make window models) at the end. You might also check our December, 1978 issue, page 86, in which Deanne Raffel tells how to add shelves to an existing window.

Product key: Window models (W). Lean-to models (L). Freestanding models (F).

ALENCO DIVISION OF REDMAN INDUSTRIES, Box 3309, Bryan, Tex. 77801. Free brochure. (W: Glass)

ENGLISH GREENHOUSE PRODUCTS CORPORATION, Davis & Copewood Sts., Camden, N.J. 08103. Free brochure. (W in acrylic or glass. L and F in glass only.)

GENERAL ALUMINUM CORP., P.O. Box 34221, Dallas, Tex. 75234. No literature available. (W: Glass)

JANCO GREENHOUSES, Dept. YBL, 9390 Davis Ave., Laurel, Md. 20810. Free catalogue. (W, L, F: Glass)

LORD & BURNHAM, Dept. 6S, 2 Main St., Irvington, N.Y. 10533. Free catalogue. (W, L, F: Glass)

SUNGLO GREENHOUSES, 4441 26th Ave. W., Seattle, Wash. 98119. Free brochure. (W, L, F: Acrylic)

■ NEEDLEPOINT MOUNTING

Where could I send finished needlepoint to have it mounted in leather as a photograph album or telephone-book cover?
—J.Y.D., Denver, Colo.

Most needlework shops send their customers' work out to specialists—many of whom do work only for shops. One factory that does this kind of work for individuals as well as stores is Modern Needlepoint Mounting Co., 11 W. 32nd St., New York, N.Y. 10001. Mod will also do picture frames, wallha ings, coasters, tennis-racquet cov belts, pet collars, purses, purse ac sories, and such. Not, however, holstery, slippers, vests, other cloth

The current price of a needlepo fronted leather cover for the New Y City white pages generally is about plus shipping and any sales tax. The ings are available in acetate fabri faille, moiré, or satin. Swatches ar available, but if after seeing your v "swatches," Modern has any dou about a color match, it'll send yo swatch of the closest available ma with your estimate. A brochure and erature outlining how to specify y order to get an estimate are available $1 ppd. from Modern. Read *all* mate carefully before sending work. Use sured mail only.

■ KEEN EDGE

Our scissors and kitchen knives n sharpening. I'd like to do them mys Where can I find a whetstone and h to information? —T.A., Bedford, N

A quick-sharpening, two-grit silicon bide stone is your best bet: A wo handled, 15-inch-long Crystolon on handy for doing shovels, axes, and l mower blades, too—is available $6.43 ppd. from Norton Company, N ton Pike, P.O. Box 320, Littleton, N 03561. Ask for item JT930. Offer pires in three months. For a free "H to Sharpen" pamphlet, send a stamp self-addressed envelope to Norton.

Some Norton how-to's for non-ser ed cutlery: Brace broad side of ston pointed away from you—on workbe Pour a bit of light household oil (sh ening or mineral oil) on top. Push edge to be sharpened down the s diagonally, so each stroke sharpens edge from handle to tip. To get the r 15° angle, think of the stone as ch you'd like to slice very thinly. T strokes of each side of the blade on coarse-grit side, then three of each the fine-grit should suffice. Otherwis time to see a professional grinder. or check your Yellow Pages u "Sharpening Service.")

You'll find illustrations of how sharpen almost anything of meta Harry Walton's *Home and Works Guide to Sharpening*, save pinking sh and ice skates, which he thinks better left to professionals. In pa back, it's $3.95 plus 94¢ postage f the mail order department of Harp Row, 10 E. 53rd St., New York, N 10022. New Yorkers add sales tax.

Continued on pag



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Superba	99.95	129.95	319.95	449.95
Century	119.95	149.95	359.95	499.95

Sealy Posturepedic				
Model	Twin Size ea. pc.*	Full Size ea. pc.*	Queen Size 2 pc. set*	King Size 3 pc. set*
Imperial	$129.95	$159.95	$379.95	$529.95
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Premier	169.95	199.95	479.95	669.95
Prestige	199.95	229.95	539.95	749.95

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Source of all 'tar' and nicotine disclosures in this ad is either FTC Report May 1978 or FTC Method. **Of All Brands Sold:** Lowest tar: 0.5 mg. 'tar', 0.05 mg. nicotine av. per cigarette, FTC Report May 1978.
Golden Lights: 100's -10 mg. 'tar,' 0.9 mg. nicotine av. per cigarette by FTC Method.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

AUTO SUGGESTIONS

By Richard and Jean Taylor



Newsmaking electric cars

Government funding has produced over 200 new models of electric cars. Here are six you can order now.

The electric car is not a new idea. Way back in 1842, a Scotsman named Davidson is said to have driven the first electric car through Edinburgh, and in the years before World War I, electric cars like the Baker Electric and Detroit Electric were viable competitors with neophyte gasoline and steam-powered automobiles. Electric cars were particularly popular with women in those days before the invention of the self-starter because they didn't require arduous cranking to start. An electric car has no transmission to shift, no clutch pedal to manipulate. Driving an electric car, even in 1910, was as easy as driving a new Cadillac. The electric car was best for use in the city, perfect for shopping or commuting to work. In New York, London, and many other cities, most taxicabs were electric during the Edwardian period, for the very practical reasons that they were cheaper to run, easier to drive, and more comfortable for the passengers.

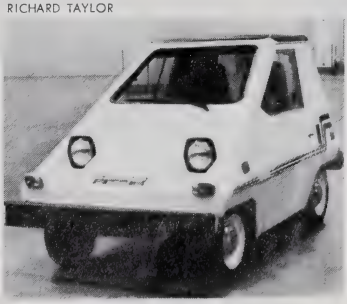
Any electric vehicle, whether built in 1908 or 1978, carries its power in batteries which must be periodically recharged. This has been the biggest drawback to electric cars since their infancy, and battery manufacturers still haven't come up with a battery that completely solves this problem. Even the most advanced electric cars have a maximum speed of around 55 mph, with a range of less than 125 miles before the batteries must be recharged. And with current technology, the batteries must be slowly recharged over a period of six to eight hours. Quicker charging is possible, but it drastically shortens battery life. Repeated draining of the battery charge also shortens its life. The conventional lead-acid battery in your car is discharged only a fraction for starting, and then the alternator driven by your car's gasoline engine recharges it immediately. Electric cars, on the other hand, use a dozen or more big batteries, and they're constantly being discharged and recharged. The inexpensive battery in your gasoline-powered car will last for five or six years without trouble, but even the best specially made batteries must be replaced every two years when used in an electric car.

The Federal government's $160 million funding program has produced over 200 different electric vehicles, but they all use the same basic power system—an electric motor controlled by a throttle-pedal connected to a "chopper," which controls the speed, and as big a rack of lead-acid batteries as can be fitted into the car and still leave room for passengers. Gould, Inc., for example, a company which makes batteries, has built a Ford van which rides and drives just like any other Ford van. Under the floor is literally a ton of batteries, however, and the truck still can only travel 50 miles at 50 mph.

There are three ways to work around the limited speed and range of today's electric cars. One is to develop a new type of battery. General Motors, for example, is working on a lithium-chloride battery which has a much greater storage capacity and longer life than today's lead-acid battery. But the lithium-chloride battery has problems of its own, not the least of which is an operating temperature higher than that which is possible using current technology. For this type of advanced battery to become practical, there must be a dramatic technical breakthrough. Until the last few years, there was no need for a better battery, so no research was done. With government financing, it's only a matter of time before a new type of more efficient battery is designed.

A second solution is to create electricity as the electric car drives along. During World War I, for example, Dr. Ferdinand Porsche—who later designed the Volkswagen Beetle and the Porsche car—designed a truck for the German army which had a gasoline engine to drive a generator, which made electricity for electric motors attached to each wheel.

RICHARD TAYLOR



Two-seater electric "Commuta Car" travels 50 miles at 40 mph. It's 8 feet long, costs under $4,000. By General Engines Co.

The theory was that the gasoline engine could run at its most efficient constant speed and the electric motors could be adjusted to different speeds. Similar "hybrid" gasoline-electric cars are being built again. Volkswagen is testing an unusual car which has a gasoline engine for highway driving and an electric motor for city use. The electric motor runs from batteries recharged by the gasoline engine while on the highway. This hybrid system works extremely well, and it saves a significant amount of energy and pollution. Another promising idea for the future is some sort of hydrogen-chloride "fuel cell." Fuel cells create electricity directly as it's needed, and were used on the space capsules that NASA sent to the moon. Within a few years, inexpensive fuel cells for electric cars will be a reality.

The third solution is simply to accept the not-very-serious limitations of today's electric car and work around them. For example, 90 percent of the cars in our garages travel less than 20 miles per day. This is well within the capabilities of any electric car. Except for long-distance vacations and business trips, today's electric cars could take over our transportation needs with absolutely no hardships of any kind. Modern electric cars retain all the quiet, pollution-free reliability traditionally associated with electricity, plus they've been upgraded to offer performance and range that's more than enough for most people's needs. An electric car must be recharged at the end of the day by being plugged into a wall socket, but even that works out well. You're asleep while the car is being recharged, and electricity demand and rates are lowest at night. Recharge costs work out at 2¢ a mile. From a national power efficiency point of view, charging electric cars overnight would help use up some of the surplus electricity that utility companies currently waste at night.

Big electric vehicles are even more efficient. Roosevelt Island in Manhattan's East River, for example, runs a regular bus route using electric buses that cost half as much to operate as the diesel buses that were previously used. Important bonuses in this heavily populated residential area are less noise and no pollution. The U.S. Post Office has some 300 electric jeeps that are being used for suburban mail deliveries, and of course, all over Britain, milk has been delivered by 50,000 electric milk trucks for many years.

If battery technology improves, electric cars have a good chance of taking

Continued on page 44



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Gordon Cremers, Director of Design and Merchandising

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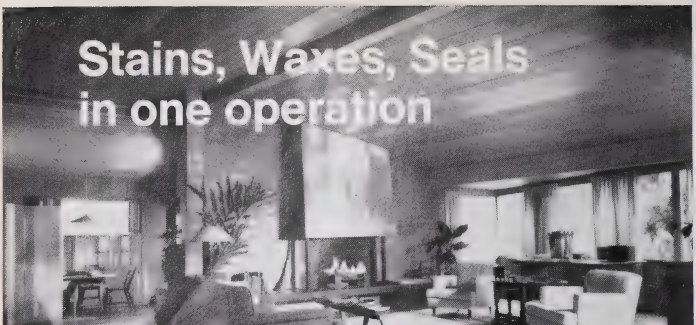
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AUTO SUGGESTIONS

continued from page 37

over most of our auto travel within the next twenty years; even if battery technology doesn't improve beyond its current level, economical electric cars are still a good answer for short-trip, urban use.

■ ELECTRIC CARS YOU CAN DRIVE

One of the most successful electric cars is the Commuta Car, built by General Engines Co., 591 Mantua Blvd., Seawells, N.J. 08080. The Commuta Car costs under $4,000, seats two people, and will travel 50 miles at 40 mph. This tiny car looks like an aerodynamic phone booth, but thousands have already been sold. They're surprisingly peppy to drive, and cost less to operate than any gasoline-driven car. The Commuta Car is also just 8 feet long, so it parks almost anywhere.

Electric Vehicle Associates, 9100 Bank Street, Cleveland, Ohio 44125, manufactures a line of electric buses and trucks, and also the "Change of Pace" electric car. Unlike the unusual-looking Commuta Car, the EVA car looks just like any other American Motors Pacer station wagon, and drives very much the same. Converting an existing car to electric power is actually a good plan, because all the refinements of mass production—a nice interior, pretty styling, handy conveniences—are retained. The EVA Pacer can top 55 mph for 35 miles, which makes it reasonable to use for suburban commuting as well as urban transit. It costs $13,328.

By far the most unusual electric vehicle is the Yare. It's built by TP Laboratories, Box 73, LaPorte, Ind. 56350. Designed by Dr. H.D. Kesling, the Yare can go 50 miles at 55 mph, seats four people, and is 14 feet long. The most unique thing about it is the body—designed to look just like a large egg with windows—and the chassis—which has one wheel on either side and single wheels at nose and tail, both of which steer. The Yare has an unusually long wheel base for a smooth ride, and the steerable nose and tail wheels let it turn in its own length for easy parking. If you want a car that attracts attention, the Yare simply stops people in their tracks; they're not used to seeing something out of *Star Wars* driving down the street. Price is $20,000, which will go down as demand goes up.

A prototype of a hybrid gasoline-electric car has been developed by Hybricon, Inc., 11489 Chandler Blvd., North Hollywood, Calif. 91601. Called the Centaur, this little car—it's just 12 feet long, weighs 2,200 pounds—has a H da 600 engine and front-wheel drive u under the hood, with a completely s arate electric motor drive and batte under the trunk. The Centaur will go miles per hour for 40 miles with its el tric motor, and one hour of driving w the gasoline engine that recharges batteries again. Electric power arou town and gasoline power on the highw is the intended idea of this economi hybrid, with the added advantage of c rying the charging system with you. I not in mass production yet, but the velopers hope it will be marketed so

One of the most interesting elec car ideas comes from Parco Auto E triche, working with Ente Nazionale L'Energia Elettrica of Italy. PGE-EN has built a fleet of cute little three-p senger electric runabouts, which will parked at special recharging center Florence, Italy. Users will have a cr card which unlocks a car and records number of kilometers they travel. W they're done, they simply drop off PGE car at another convenient charg center. At the end of the month, th receive a bill in the mail. Look for sh term rental systems like this to appea cities around the world within the n decade.

Finally, here are three more Ameri manufacturers to investigate. Design novations, 46 Kirkwood Dr., Glen Co N.Y. 11542 makes an electric car ca the "Henney Kilowatt," which sells $5,995. For $6,995, you can buy U.S. Electric Car Corporation's vers of the electric car. Its address is 2 Main St., Athole, Mass. 01331. Electric Passenger Car Co., 5127 G Way, San Diego, Calif. 92117 conv new passenger car models to elec power. Its cars start at $9,500, depe ing on the model you choose for c version. ■

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1. DOES IT REMEMBER YOUR STITCH PATTERN AT A TOUCH?

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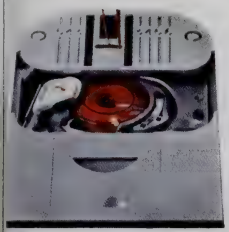


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3. CAN IT WIND ITS OWN BOBBIN?

Ours can. And only ours can. Today, we make four different machines with bobbins that wind right in the machine, with thread right from the needle.

4. DOES IT GIVE YOU A NARROW ARM FOR SEWING IN TIGHT PLACES JUST BY DROPPING A PANEL?

Ours does. We make four different machines with the exclusive *Flip & Sew** panel. Only Singer makes it this easy to sew where it's hard to reach.

5. CAN IT SPEED-BASTE FOR YOU?

Ours can. Speed-basting is just like regular basting, only faster, because you do it on a machine. We make three machines with built-in speed-basting for stitches up to two inches long.

6. CAN IT HELP YOU THREAD THE NEEDLE?

Ours can. On our newest, the *TouchTronic* 2001 memory machine, you guide the thread into the wide end of a little funnel. The funnel then guides the thread through the eye of the needle. Once again, you do the easy part. Singer does the hard part.



Polly Bergen is a member of the Singer Board of Directors.

7. DOES IT TELL YOU WHEN YOUR BOBBIN IS RUNNING LOW?

Ours does. Our *TouchTronic* 2001 memory machine has a warning light that flashes to tell you there's only a little thread left on the bobbin, instead of letting you find out the hard way – by running out of bobbin thread in the middle of a seam.

If you answered yes to all seven questions, you already own a *Singer** machine. If you answered no, you're working too hard. Bring us your old machine, and we'll give you a trade-in allowance off the price of a new one.

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Kings: 12 mg "tar," 0.8 mg nicotine av. per cigarette, FTC Report May '78.
100's: 12 mg "tar," 0.8 mg nicotine av. per cigarette by FTC Method.

MONEY MATTERS



By Paul Gross

low to improve your cash flow

ound financial advice on making a good loan investment

st as the Christmas bills start pouring , it's time to figure out how much xes we owe Uncle Sam. But don't let get you down; comparison shopping r a loan is easier and more profitable an you might realize. Here's a guide raising funds:

up the cash value buildup of your whole e-insurance policy, if you have one. he cash value of your policy is the vings element in it that you can bor- w against or get outright if you cash in ur policy.) It's the cheapest source of oney around. You have to pay an in- est rate of only 5 to 8 percent—how uch depends on when and where you ught your policy. Moreover, you don't ed to pay back the principal as long as u keep paying off the interest you owe ch quarter. However, there is one rub. you don't pay back the principal and e while the loan is outstanding, your neficiary will get an amount equal to e policy's face value, less the amount the loan outstanding. So, if you have policy with a $100,000 face value and rrow $20,000 against its cash value, ur beneficiary will get only $80,000.

Borrowing against an interest-paying vings account is your next best bet. rift institutions—savings banks and vings and loans associations—will lend u an amount equal to between 90 and 0 percent of the money in your ac- unt. If you borrow from a savings nk, you'll have to repay it on a fixed hedule. Savings and loans institutions n't require a fixed repayment sched- e. However, you do have to pay the terest quarterly. A thrift will probably arge you 8½ percent interest for a n against an interest paying savings count. If your account earns 5½ per- nt interest, the net cost of the loan uld come to 3½ percent. But don't that fool you. That's just the net cost. e actual cost is 8½ percent. While u can also borrow against a commer- l bank's savings account, it doesn't lly pay. The interest it will charge u is the same as what you would pay a regular installment loan.

If you're more into money-making an you are thrift, **consider asking your oker for a loan.** Believe it or not, bor- wing from a broker can be very ad- ntageous. Brokers lend money at rates at are up to 40 percent cheaper than at a bank would charge you. All this assumes, of course, that you have an account with your broker as well as some stocks, bonds, or other securities that you can use as collateral for a "margin" account. A margin account simply means that you're playing on the margin or on the cuff—using your broker to finance some of your purchases.

As this article was being written, brokers were charging between 10 percent and 12 percent for margin loans. The interest rate you're charged depends on the brokerage house you use, how valued you are as a customer, and the amount you borrow. Active investors who borrow a lot tend to get the best interest rates. Do note that the interest rate you're charged is based on the broker's call rate when you take out the loan. A broker's call rate, the rate which banks charge brokers, is usually around 1 percent lower than the prime rate. (The prime rate is a bank's best rate to its biggest and best customers.) If the call rate rises, as it has frequently been doing recently, your interest costs would rise with it.

Generally, you can borrow up to 50 percent of your current value of your listed stocks, 70 percent of listed bonds, and as much as 90 percent of the value of Treasury bills and other types of government securities. The catch is the phrase "current value." If the current value of your securities falls, as could well happen, the value of your collateral falls. Should that happen, your broker will issue a margin call for more money to bring your collateral up to the 50 percent limit.

For example, let's assume that you borrow 50 percent of a stock's current value. You're now on 50 percent margin. Assume further that the stocks you used for this margin loan are worth $100 a share when you took out the loan. If you borrow $2,000 on 400 shares of stock, your equity in the margin account would be $2,000—50 percent of the stock's current value. All well and good. However, if the stock should drop to $75 a share, you would fall below the margin requirement and the brokerage house would issue a "house call" for more money.

If the house call comes at a time when you're really strapped for funds and hence can't come up with the money within the three to five days the broker will give you, your stocks will be sold. You can lower the risk of that happening by using only stocks that have a low downside risk as collateral.

You can also **use your securities as collateral for a bank loan.** It's called hypothecating your securities. The irony is that while you can borrow a larger amount, you'll also have to pay a higher interest rate. Banks will generally give you between 70 and 100 percent of the value of listed securities that sell for more than $2 or $3 a share. You can get an amount equal to 50 to 70 percent of marginable over-the-counter stocks (ones not listed on a stock exchange). And you can get between 80 and 100 percent of the value of high quality bonds. Banks

Continued on next page

HOW TO BE A BETTER BORROWER

As with anything else, comparison shopping for a loan can really pay handsome dividends. Look at it this way, the interest rate you'll be charged for the money you borrow is the price you have to pay for the money. Different types of lending institutions have different rates. What's more, there is often also a great range of rates charged by similar types of lending institutions. Bank A may charge 1 or 2 percent more than Bank B—which may have a special on, say, auto loans. Lending is just like any other business—specials are used to drum up business.

When you comparison shop for a loan, concentrate on the annual percentage rate (APR) you'll be charged. That will help you avoid the confusion of comparing simple interest to compound interest to interest compounded daily. Also pay close attention to the term of the loan. The longer the loan, the lower your monthly payments will tend to be. However, that's somewhat misleading. They're only lower because you have to make more payments. If anything, the interest rate you'll be charged will probably be higher than what it would be for a shorter term loan. Bankers are just as aware of inflation as you are. The longer the loan, the greater the bank's inflation risk is.

Finally, if you have two residences, each in a different state, shop around in each place. Interest rates can vary significantly from state to state.



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MONEY MATTERS

continued from preceding page

are now charging between 11.5 and
percent for these kinds of loans.

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collateral will cost you slightly mo
How much more depends on your re
tionship with the bank and on the ba
itself. Some banks charge lower inter
rates than other banks. It also deper
on the state in which you're taking
the loan. Each state has usury la
which place a ceiling on the amount
interest a bank can charge you.

A credit union may be able to g
you an even better deal than a ban
Generally, credit unions charge an int
est rate of 1 percent a month on t
unpaid balance. That works out to
percent a year as against a national av
age interest rate of 13.46 percent
banks and an astounding 20.41 perce
for consumer finance companies. Wha
more, 10 to 20 percent of the cre
unions around the country give borro
ers what amounts to a rebate on th
loans. In essence, they treat "loan" me
bers of the credit union just like "sa
ings" members and give them a share
the profits when they are distribute
That can significantly lower the effecti
cost of the loan.

As you might have guessed, **consum
finance companies** charge the highe
rates. However, in fairness to finan
companies, it should be mentioned th
they charge a higher interest rate becau
they take greater risks. Consumer finan
companies will lend people money th
other lending institutions won't ev
consider.

Another avenue you might consider
turning to a friend or relative for t
funds you need. You might well be ab
to borrow money at an interest rate tha
lower than what a bank would char
you. For their part, your friendly rel
tive might be able to earn an intere
rate that's higher than what he or s
could get from a savings account or
short-term Treasury bill. Whatever el
you do, try to keep borrowing transa
tions as businesslike as possible. The
could be a lot at stake—your friendshi
being remembered in a will, and the t
deductions that you're entitled to. Go
it as a borrower and a lender, not as rel
tives or friends. Hence, you will be w
advised to follow all the IRS's guidelin
for intra-family loans. First, write up t
loan agreement, sign it, and have som
body witness it. Second, the agreeme
should spell out all the terms of the loa
how much is being borrowed, the inte
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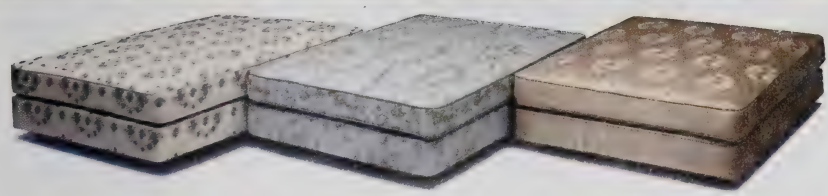
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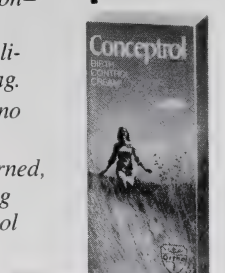
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BUILD-IT-YOURSELF
CARPENTRY GUIDE

Expert tips to help beginners and improve basic skills

By Peter Stamberg

If you have never hammered a nail into wood before, you will need some general tips on how to go about home building projects. Many of the following recommendations are very basic knowledge, while others may be new and useful to the most experienced carpenter. At the beginning of each Peter Stamberg project (see page 120 and step-by-step instructions), you will find a list of all the materials required to build the piece of furniture. Some of the materials can be obtained at your local hardware store. Or you may purchase everything under one roof, if your local lumberyard also has a full line of hardware.

BUYING THE MATERIALS

1. Nails. Most do-it-yourself furniture projects use either 3 penny (3d) finishing nails (1¼ inch long) or 4 penny (4d) finishing nails (1½ inch long). 3d finishing nails are most commonly sold in hardware stores where they may be called "1¼ wire brads." Don't be flustered, they are one and the same. "Wire brads" come in several thicknesses or gauges. 15- or 16-gauge are recommended. 4d finishing nails are almost always available in both hardware stores and most basic lumberyards. Nails are generally sold by the pound.

2. Glue. Borden's has recently introduced a product called "Elmer's Professional Carpenter's Wood Glue." This glue is as good as any glue sold for home use. When properly applied, it creates a bond which is actually stronger than most woods. Hardware merchants tend to be extremely honest and knowledgable about what they sell. Should your local hardware store not sell Elmer's Professional, tell the salesperson what you are using the glue for, and he or she will recommend a substitute. All white glues are fairly similar and even regul Elmer's Glue-All does a satisfactory jo

3. Nuts, bolts, and washers. All projec with moving parts require nuts, bol and washers (which are little metal rin that fit between the nut and the bol These are available in hardware sto and come with black or galvanized (ver-colored) finishes. Black bolt hea have a great look when contrast against natural wood.

4. Sandpaper. All hardware stores s sandpaper in small sheets. You will g erally need medium grade sandpaper initial sanding, though this will be necessary if you buy an extremely go quality wood. After that, you should fine grade sandpaper. Finally, use "F ishing Paper" before your first coat finish and between coats of clear finish

The serious carpenter may be int ested in investing in a power belt sand Both Rockwell and Craftsman ma sturdy, reliable tools. Prices vary pending on the size and quality of tool you buy.

5. Hammer. The beginning carpen should use a 16-ounce or 18-ounce ha mer. See which one feels more comfo able for you.

6. Drill. For the small amount of dr ing required for the Peter Stamberg pr ects (some don't require any drilling all), a hand drill will be adequate. Ho ever, a small power drill can be in pensive and very handy to have arou the house in general. Again, both Ro well and Craftsman make excell equipment.

7. Saw. Since most lumberyards will wood to size for you, you may not n a saw at all. The cost of precutting one project may be less than the pr of a saw. If you anticipate buildin few pieces, a hand saw will be adequ If, however, you plan to do a lot building, a small table saw will be a g investment. Rockwell makes a "Ho craft" table saw which sells for ab $200.

8. Safety equipment. Whenever sa ing, whether with a power sander or hand, you should always use a mask keep sawdust from getting in y mouth and nose. Eye goggles should ways be worn when you are work with wood. Sawdust, splinters, nail ch and finishing materials are very d gerous to the eyes. Also, it's a good i to wear gloves as a protection for har whether you are sawing, hammeri

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BUYING THE WOOD

Here are some tips to make lumber-buying easier:

1. **Shop around.** Lumber prices vary from yard to yard and from week to week. One week you may find that a certain lumberyard has the best prices. The next week, it may be another. Before you walk into a lumberyard, call a few. Tell them what you need, and find out prices. (Also check the price for pre-cutting, since this will vary.)

2. **Choose the right species.** Pine is the most commonly available wood. There are many types of pine available, depending on the region you live in. Tell the person in the lumberyard you want good, straight wood that is not too hard and is easy to nail. Wood is a natural material, and, as such, subject to great variation. Sometimes spruce can be superior. Especially in the South, Appalachian poplar can be very clear and beautiful as well as easy to work with. The best gauge is your own eye. Wood which is black can be rotted. Wood which is green can have shrinkage or expansion problems later. Look down the edge of each board to make sure you have a straight piece.

3. **Find the right grade.** Lumber grading procedures vary from wood to wood and from area to area. Again, your eye is the best judge. As a rough guideline, however, here are some tips. If buying pine, you will want either a #2 pine or a clear pine, depending on the look you want, and your budget. Any wood should be smooth on all four sides (in lumberyard parlance, "dressed four sides"). #2 pine is considerably cheaper than clear pine, but what some yards consider #2 is just about good enough for firewood. Real #2 will have occasional small, tight knots. These knots should never be more than ¼ to ⅓ the width of the board and should be firmly in place. Larger knots will cause problems for two reasons: 1, they are weak spots in the wood, and 2, nails should not be driven into or near them. In clear pine, there should be no knots whatever, and the wood should be perfectly straight and smooth. Inspect each piece of wood in the lumberyard. If you are not quite happy with it there, you will be less happy with it at home.

4. **Check dimensions.** There is a large difference between "nominal" wood sizes (what you will ask for) and "actual" wood sizes (what you will get). All the projects in this series are built with what are *nominally* called "one by's"—that is 1 inch by 2 inches, 1 inch by three inches, 1 inch by 4 inches, etc. A piece which you will order as 1 by 2 will *actually* be ¾-inch thick. Widths are a bit more tricky. 1 by 2 should be 1⅝ inches wide, but is sometimes as narrow as 1½ inches or as wide as 1¾ inches. 1 by 3 through 1 by 6 are generally ½ inch less

Continued on next page

ENERGY-CONSCIOUS,
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The Cedarbluff II a Kingsberry Home



Cedarbluff II is a house **full** of ideas: for making the most of space; for conserving energy; for living expansively, comfortably, attractively. Partly preassembled, it is economical. Partly site-built, it is adaptable to a wide range of individual needs—with many features offered as options. It is an exciting, contemporary answer to today's demands for good looks and efficiency. On the following pages (and, indeed, throughout the issue,) you'll find advertisements of manufacturers who participated in the building and decorating of the Cedarbluff II as it appeared editorially in January House&Garden. These manfacturers include:

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A CLOSER LOOK AT CEDAR BLUFF II

If you read the January, 1979, *House & Garden* article, we're sure you already love the Cedarbluff II. If you missed it, we know you'd love to see it. Either way, we'd like to help. Just send in the coupon for a free full-color reprint of the entire article and the name of a Kingsberry Homes builder with a model in your area.

Please send me a free copy of the January, 1979, *House & Garden* article featuring the Cedarbluff II, along with the name of a nearby Kingsberry Homes builder who can let me see the Cedarbluff II for myself.

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Mail to:
Boise Cascade Housing Division,
Dept. HG-02
61 Perimeter Park
Atlanta, Georgia 30341

Boise Cascade Housing Division

continued from preceding page

than the nominal size. 1 by 8 through 1 by 12 are subject to great variation. These variations in width will generally cause no problems. However, in the few instances where they may, a note has been included in the specific instructions telling you how to easily cope with the discrepancy.

WHERE TO WORK

Always work on a hard surface. Never try to nail on a carpet or other springy surface. A soft surface will absorb the force of the hammer and can cause the wood to split.

If you do not have a work table, here are two suggestions: Work on the floor, or work on a sheet of ¾-inch plywood placed on a solid table or sawhorses.

GENERAL CARPENTRY HINTS

1. The carpenter's secret. Before starting nails in finished carpentry, such as furniture assembly, you should blunt the point of the nail. Blunting the nail point reduces the chance of the wood splitting. You can blunt a nail point by placing the head of the nail on a hard surface (a piece of metal) and gently tapping the nail point with your hammer.

2. Starting and driving nails. You should always start nails before applying glue. If you drive the nail into the first piece of wood far enough so that the point protrudes slightly through the other side, the pieces will not slip around when you apply glue and hammer.

3. Holding the hammer. Hold the hammer as close to the base of the handle as possible. Holding the hammer too close to the hammer head will reduce the force with which the hammer hits and can cause nails to go askew or bend. If the nail begins to bend, or if the wood begins to split, stop nailing and start a new nail. If the wood is split, start the nail nearby, but not in the line of the split or else the wood will only split more.

4. The perfect glue joint. In carpentry circles, there is actually something known as the Perfect Glue Joint. This is a connection in which the glue joint is actually stronger than the wood. To achieve a Perfect Glue Joint, spread glue over the wood surface entirely filling the area being joined, just inside the positioning marks. The pressure of the hammer will make the glue spread and seep out all the edges. Wipe away excess glue immediately with a damp cloth or damp paper towel. (Many clear finishes will turn white when applied over residue glue.)

Once the glue has dried completely, should you try to pull it apart, the wood will fail rather than the glue if you have achieved a Perfect Glue Joint.

5. Outdoor use. If you want to use your furniture outdoors, you should screw it together, rather than using nails a glue. There are no glues for home u which are truly waterproof.

FINISHING

Finishing your furniture, whether y use paint or a clear finish, is a very si ple job. However, you should take time (and it can be a time-consum job!) to do it properly. A good qual brush is a good investment. No mat how good the brush is, be sure to move loose bristles before using it have also found the new sponge brus most effective as well as economical.

Never prefinish pieces before th are glued together. Prefinishing m seem an excellent way to save time a to finish even those hard-to-get-at are However, no glue will hold on paint clear finish.

If you are using a clear finish, y may want to hide some of the more trusive nail heads. Do this by count sinking nails—that is driving the he below the surface of the wood with nail punch. You then fill the small ho above the nail heads with Plastic Wo Plastic Wood is available in most ha ware stores and lumberyards. It con in several wood tones, so that you will able to match it fairly closely to yo wood. If you plan to apply a transluc stain to your furniture, the stain can premixed with Plastic Wood for best sults. (Note: with any finishing mater —Plastic Wood, stain, dye, clear fini or paint—read the directions on the c Most manufacturers of finishing ma rials have taken great care to give acc rate directions for best results with th specific product.)

Once the Plastic Wood has dried co pletely, sand it carefully with mediu grain paper, then fine grain paper, a finally with finishing paper. Make su that the entire piece of furniture is w sanded and all the exposed edges a corners are eased before proceeding.

PAINT

Always use high-gloss paint for fur ture. It prevents hand oils from seepi into wood and is also the only pa which will stand up to a thorough cle ing.

Before applying the color paint y have selected, apply a primer coat. will save you money as well as give yo better end result. Primers are less pensive than pigmented paints. They w soak in and fill the wood so that yo pigment will not be wasted as a fill Also, paint applies more evenly ove primer than over raw wood.

(*Hint:* Yellow is the most difficult p ment with which to get an even col Yellow has even less "opacity" th white. If you do wish to use yellow pai which can be extremely beautiful, ma sure the wood is well primed. A seco coat of primer or even a coat of wh

Continued on page

CEDARBLUFF II

Designed for loving and living.

House & Garden's editors loved the rustic contemporary Cedarbluff II so much they gave it feature coverage in their January, 1979, issue. Dozens of builders were impressed enough by the Cedarbluff II to build it in locations all across the country. And you're sure to love it, too. For its high-flying and free-flowing skylit space, its energy-conscious design, and a unique adaptability that lets you mold it to your own ideas of good living. You'll also love the Cedarbluff II because it's a Forward Look Design Kingsberry Home, with all the manufactured excellence and styling integrity that the name implies. To start falling in love, send your name and address and $3.50 to **Boise Cascade Housing Division, Dept. HG-02, 61 Perimeter Park, Atlanta, Ga. 30341.** We'll send you a 100-page full color brochure telling you all about Kingsberry Homes quality, plus a special 72-page collection of our latest Forward Look Designs.

Boise Cascade
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paint can be most useful under yellow. The same holds true for pastel colors.)

All primers have different drying times, so read the label on the can and be patient. Try to avoid painting on days that are rainy or extremely humid. If, however, you have a piece of unfinished furniture staring at you on a rainy day and the urge to finish it is uncontrollable, allow even more drying time between coats than the manufacturer recommends.

Once the primer has dried thoroughly, apply your high-gloss enamel paint. Use enough paint for total coverage, but not so much that the paint will drip or run. (Running paint can be worse than running stockings.) Two thin coats of paint are more desirable than one thick coat.

■ WOOD STAINS AND DYES

Wood can be lightened, darkened, or even dyed a myriad of exciting colors using stains and dyes, which you can find in a good paint store. Directions for using stains and dyes vary greatly with each product. Sales personnel in paint stores are even more knowledgeable and helpful than salespeople in hardware stores. Tell them the effect you want, and they can steer you to the best product for your needs and give you excellent tips for application.

■ CLEAR FINISHES

The number of clear finishes on the market seems endless. Brand names vary regionally. Paint stores also develop their own label, not to make a quick buck, but rather to gain a happy customer who will return. In New York City, Janovic Plaza gives excellent advice as well as courteous service. McCloskey's "Kwik Sand" and "Heirloom" finishes give excellent, timeless results. The wood gains an excellent tone, which looks fresh, yet it is hard to tell whether the wood is brand new or ancient. Benjamin Moore's "Interior Stain," "Neutral Blender," and "Hi-luster Clear" have a range of tones and colors large enough to satisfy many tastes. Also Aboff's (a Long Island brand) "Super Poly" finish is easy to apply and gives a very attractive, sturdy finish.

Whatever clear finish you use, make sure that it is a "non-yellowing" product, which many are not.

Finally, all clear finishes will darken light woods, such as pine or popular, slightly. They will also change darker woods slightly. Test the finish you are about to use on an extra piece of wood or on a small hidden area. If you want light wood to stay light, you can use a "wood lightener" or a bit of white stain. A properly selected wood lightener can lighten the wood with the first coat so that subsequent clear finishes will return it close to its natural color. ■

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WHAT'S IN BACK PUTS THE CEDARBLUFF WAY OUT IN FRONT.



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DEAR HOUSE & GARDEN

continued from page 34

■ CROCHET TO ORDER

Can you tell me where I might l coverlet or bedspread crochet order? —R.C., Cos Cobb,

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THE ELDER CRAFTSMEN SHOWCAS Lexington Ave., New York, N.Y. 1 Mrs. Barbara Stires, the shop ma is in charge of custom orders.

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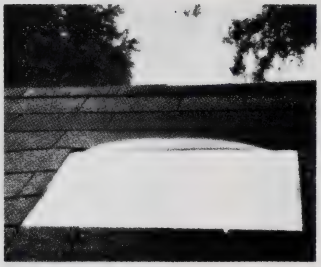
Neither shop has a catalogue, sc sure your order turns out as exp you must supply the pattern instru and wool. If you send a copy of t structions plus a strand of the woo shop will tell you the approximate cost and time that would be inv If agreeable to you, you'd then s via insured mail—sufficient wool. rently the labor cost for a 40-by-6 crocheted coverlet starts at about for a twin-size crocheted bedspre about $375. Shipping and any sal are additional. ■

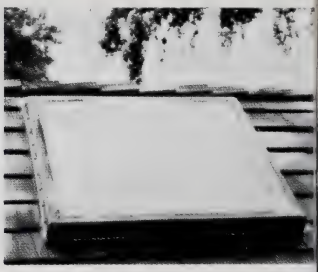
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For all its uniqueness, *Habitat's* suggested list price is about $5000, plus freight, installation, and options. *Habitat* is water and energy efficient. A one-hour sequence costs just about 25¢.

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THE BOLD LOOK OF **KOHLER**

GOING PLACES
FINDING THINGS

Antigua: Old-fashioned charm in the Caribbean

By Dee Hardie





English Harbour, Antigua, above; restored Copper and Lumber Store, top right

The island of Antigua in the West Indies is like a well-behaved young English schoolboy. At first you can't quite figure out why you so enjoy his company. Then you realize it's because he wants to please, is polite, amusing, and is, quite frankly, nicely old-fashioned. Antigua has these same qualities, qualities hard to find these days, on or off islands. This cup-of-tea culture of easy English charm combined with the flamboyant colors and spirit of the Caribbean makes a lovely mixture.

The island was discovered early. First, in 1493 by Columbus, who named it and left. But from the time it was settled in 1623 by English planters, only one year, 1666-7, had a French twist, a Gallic occupation. At all other times, Britannia ruled the seas and the island. Now an Associated State within the Commonwealth, it is still delightfully pure-blooded British. (In 1948 a group of Americans did establish an elegant private beachhead, the Mill Reef Club.)

We went in February. But since the temperatures vary only slightly (average of 80° in winter, 85° in summer, always accompanied by those comforting trade winds), it is an around-the-year island. Hotel prices are lower from mid-April to mid-December. Sailing Week begins in late spring; from July 27 to August 7 there is a gala carnival; and in January a tennis tournament draws big names to the nets. Last year as many tourists visited Antigua in July as in December.

When we flew in from San Juan, we didn't even know how to pronounce it. It's "An-tee-ga," a hard "g" with a gentle lilt.

We rented a car at Coolidge Airport to drive south to The Inn at English Harbour. Almost immediately we discovered the English understatement. There were

Continued on page 66

Cross-country ski marathon in Finland

By Madeleine Noble

Just before 8 A.M. on the morning of Finland's annual cross-country ski race, 5,414 persons are massed behind the starting gates outside the town of Hämeenlinna. They stamp their skis on the ground and emit great clouds of steam in the chilly air. Bang! and they're off, to finish 75 kilometers later at the Winter Sports stadium in Lahti.



Contestants range from acknowledged champions to courageous first-timers, and come from fourteen different countries throughout the world. Many are also competing in the Eurolopett, the European marathon series which includes, in addition to the Finlandia race, the Dolomitenlauf in Austria, Italy's Marcialonga, the 90-kilometer König Ludwig Lauf in Germany, and the most heavily attended (over 10,000 participants in 1978): the Vasaloppet in Sweden. Finlandia's first ten arrivals will receive a medal of honor and all contestants who finish within the 7:30 P.M. time limit—11½ hours away!—will get a medal of participation for their efforts.

Nine refueling stations along the 75-kilometer track provide such on-the-run delicacies as cheese-and-black-bread sandwiches and blueberry soup. Of these nine, seven also provide facilities for

Continued on page 66



NEWS

Eclipse festival, Washington's Birthday party

There won't be anything like it until the year 2017, and residents of the Northwest are preparing for the event: a total solar eclipse on February 26. There will be, at the resort of Big Sky Montana, **a special tour, "Eclipse Over Big Sky Country."** From February 23-27, prominent scientists will lecture on the history of eclipses, eclipse photography, astronomy, and more. A bus caravan will take the group to the best site for viewing and the highlight will be, of course, darkness —166 seconds of eclipse totality. The cost of the tour is $385 per person, including all meals, four nights at the resort, plus all programs related to the eclipse. For details, write Big Sky Montana, P.O. Box 1, Big Sky, Mont. 59716.

Alexandria, Virginia is throwing a **month-long birthday party** for one of its most famous citizens, George Washington. It's an annual celebration that dates back to 1798, when George and Martha danced at the Birthnight Ball at Gadsby's Tavern. The Ball will be held there again in 1979, on Feb. 17, featuring minuet

Continued on page 69



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GOING **PLACES,** FINDING **THINGS**

continued from page 64

hardly any road markers to guide our way, and it was very dark. If you are driving yourself, try to arrive by day. There are taxis and some hotels supply their own transportation, but we wanted our own wheels. When we finally found our hotel that first night, our host Peter Deeth said, "Jolly good show, you made it!" And from then on, for five days it *was* a jolly good show.

A great many of the hotels on this small Leeward Island, 12 by 14 miles, are booked solidly by Americans. We chose The Inn at English Harbour since we knew half the guests would be British. Wherever you stay *is* important since your resort or hotel will be your main centerpiece, providing sports and leisure, dining and entertainment. There is scant night life in St. John's, the capital and largest town, and restaurants are scarce.

We drove easily all over the island, lunching in different hotels each day or picnicking on some of the beautiful 365 beaches. But we always returned to The Inn for dinner, sitting on the outdoor terrace overlooking English Harbour.

Much of the harbor dockyard has been restored, thanks to Friends of the English Harbour, founded in 1951. And when a British ship is in port, the crew will often help tidy up by painting and polishing. The most recent restoration is The Copper and Lumber Store, a Georgian building of brick (brought over as ballast in return for rum) which has been turned into holiday apartments. On the edge of the dockyard is the 200-year-old Admiral's Inn with 14 rooms. In its time, it served well as a store and police station, as well as a doctor's office. We had a delicious red snapper lunch there on a terrace bordered by impressive 12-foot-round stone pillars where Nelson's warships once moored.

For a sunset you'll never forget, visit nearby Shirley Heights, the ridge where the military protected the naval. Still standing are Palladian arches, once a part of a barracks, and a simple Victorian graveyard with touching tributes from a time when grief was often carved into granite.

We made a one-day plunge into the town of St. John's. If possible, find out if a cruise ship is in port. If so, go another day, as the town is small enough to be easily overwhelmed by tourists.

Our drive from English Harbour, via Fig Tree Hill, was luscious and green, and as you pass from the parish of St. Paul to the parish of St. Mary to the parish of St. John, you will see a church in every village, and everywhere, goats. The children of each village have a competition for the largest herd.

St. John's is filled with lithe you women wearing Mary Hartman puf sleeved dresses, banks painted li green, and houses of purple and bl The most complete shop is the C Shop, St. Mary's Street, where I bou yards of pansy-printed Liberty la cotton. Here, too, are handbags, ma only on Antigua, of Liberty lawn scra patchy and pretty and a signature of island. I also found bright Madras, r sonably priced, at a nontourist sh John Moore, Newgate Street.

For lunch, we stopped at Brother on the corner of Soul and Long. Qui service, local dishes such as dumplin and mackerel are served in an op courtyard with both natives and touri enjoying the party atmosphere.

On our last day we stopped again town on our way to the airport. We h lunch at the Spanish Main, East Stre because this is where the other h owners eat when *they* are in town. T owner, Janice Branker, is an Americ whose parents were born on Antig American expatriates sip rum at the b The lobster salad was superb. The wh scene—a bit of Tennessee Williams.

For most visitors, sports will probal play an important role, and there is wide variety. But not every hotel or sort has everything. For example, at T Inn in English Harbour, ours was paperback holiday of reading on t beach, swimming and sailing, chintz a afternoon tea. Other hotels we saw fered different tempos and themes. C tain Bluff is lush, handsomely snap and the day we were there it seemed though Connecticut had come to t Caribbean. Here you find tennis (ever pro), snorkeling, scuba diving, water s ing, more organized glamour. Gal Bay Surf Club has thatched-roofed c tages, and includes riding among oth sports. Falmouth Harbour has fam beach apartments, while Half Moon B Hotel is large, of modern design, a has one of the island's three golf cours You decide whether you want an en getic holiday or are *really* ready to fl

How To Get to Antigua: From N York and Miami, Eastern and Brit West Indian Airways have nonst flights; Eastern also flies direct from B ton. From San Juan, take Eastern Prinair. You need proof of citizensh plus your return ticket.

For more information, write the A tigua Department of Tourism, 610 Fi Avenue, New York, N.Y. 10020. ■



For color brochures and the name of the store near you write Woodard, 317 Elm St., Owosso, Mich. 48867.

Ski marathon

continued from page 64

waxing and repairs. They are manned the Finnish army, ably abetted by volu teer men, women, and children from t villages along the course. According a veteran of many marathon races Europe and America, Finlandia's fac ties are "perfection," and the terrain

Continued on page

© 1978 R. J. REYNOLDS TOBACCO CO.



'Imagine! Taste this great plus low tar.'

"For me, finding another cigarette with just the right taste wasn't easy. Finding a low-tar cigarette with the taste I go for was even harder.

"But I found it. In Vantage 100's.

"With Vantage 100's, I get the great taste I like. I also get low tar and the graceful style of a 100.

"And imagine—Vantage provides satisfaction like my old high-tar brand."

Gail Henkin
Dallas, Texas



ILTER 100's: 10 mg. "tar", 0.8 mg. nicotine, FILTER, MENTHOL: mg. "tar", 0.8 mg. nicotine, av. per cigarette, FTC Report MAY '78.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

Vantage 100's

Also available in King-Size: Regular and Menthol.



After 7 days sailing the Caribbean, we were sure glad we took a 14-day cruise.

We never felt or looked better in our lives.

We just sat back, and let our worries float out to sea. We were pampered when we wanted pampering. Left alone when we wanted to be alone.

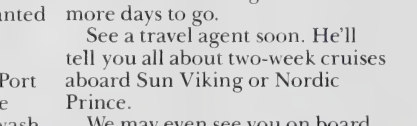
And each island had its own unique charm. As we entered Port Antonio Harbor, we passed the home of that famous movie swashbuckler, Errol Flynn. And we loved that little rum factory in Haiti. They offered free samples.

And at night, we danced together like we haven't danced since high school. We were so full of energy we stayed up all night to watch the Caribbean moon say good morning to the awakening sun.

After seven days we were luxuriously relaxed, yet totally exhilarated. But we were even more exhilarated knowing we had seven more days to go.

See a travel agent soon. He'll tell you all about two-week cruises aboard Sun Viking or Nordic Prince.

We may even see you on board. A Royal Caribbean cruise is the kind of vacation you want to take again. And again.



Ships' Registry: Norway

SUN VIKING · NORDIC PRINCE
14 day Royal Caribbean Cruises

Saving Air/Sea Packages available from many major cities. All accommodations subject to prior sale.
© Royal Caribbean Tours, Inc., 1978

GOING PLACES, FINDING THINGS

continued from page 66

particularly interesting, with more ups and-downs than other courses.

Many foreign entrants make thei headquarters for the Finlandia race a the resort hotel of Aulanko, just a 10 minute drive from the starting point. A Aulanko they can get in some prerac practice in the hotel's beautiful tree lined and floodlit 4.5 kilometer cross country trail, relax in the sauna and it refreshing pool, and dine in its restauran on reindeer tongue and cloudberries.

Four hours, 55 minutes and 16 sec onds from the start, and the winne swoops down into Lahti stadium in fron of a cheering crowd. He is immediatel decked with a huge laurel wreath, race horse style. During the course of th afternoon, up until the 7:30 P.M. tim limit, 4,857 of the original starters wi finish the race, and immediately set o to enjoy the much-deserved sauna, whic is included in the program.

If you'd like to go to the Finlandi race, Finnair offers a tour from Febru ary 19-26 for $699 including airfar hotel, admission to the race, and mor (Write Finnair Sports Department, 1 East 40th Street, New York, N.Y. 1001 for details.) Finnair flies from Ne York to Helsinki four times a week an from Montreal to Helsinki twice a week If you are going to other ski races o resorts in Europe, Finnair also has cor nections to Zurich, Vienna, Oslo, Milan and many other European cities.

More on marathon ski races— there are lots in the U.S.

In the United States, the U.S. Ski Asso ciation has organized the first annua "Great American Ski Chase"—a serie of four cross-country marathons aroun the country. The schedule: Jan. 21, th Ranch Creek Chase at Devil's Thum Ranch, Fraser, Colo.; 50 km. (31 miles) . . . Feb. 11, the Hennessy Co nac American Ski Marathon, from Sout Lincoln to Brandon, Vt.; 60 km. (37 miles) . . . March 3 and 4, the Minneso Marathon, Bemidji, Minn.; 100 km (62½ miles) . . . March 18, the Fleisch mann's Margarine Ski Marathon, Wate ville Valley, N.H.; 50 km. (31¼ miles All races are open to skiers over 18 yea old—younger racers (age 13-17) ma participate in 50 percent or 30 km. each race. The overall winners of th Ski Chase will receive special prizes the end of the season. Write The Gre American Ski Chase, c/o the U.S. Sk Marathon Commission, Box 777, Bra tleboro, Vt. 05301.

For local information on maratho races in the East, the Ski Touring Cou cil, Troy, Vt. 05868, publishes a sched ule each year ($4). Write for a copy o its 15th annual "Ski Touring Guide ($3.50) as well. C.S. ■

ews
ntinued from page 64

ncing in Colonial costumes preceded a buffet at the Old Town Holiday Inn. the 18th, life in a Revolutionary bat- camp will be reenacted at Ft. Ward rk and on the 19th the parade begins. 2:00 at Market Square, over 1000 rticipants will march, including Colo- al regiments, fife and drum corps, bag- ers, and George and Martha in their ivate coach. Other events include local use tours on the 10th, plus impromptu ncerts, wandering minstrels. Contact Alexandria Tourist Council, 221 ng Street, Alexandria, Va. 22314.

Travelers returning from abroad take te: The U.S. Customs Service has sed the limit of duty-free purchases to 00 ($600 if you return from the U.S. rgin Islands, American Samoa, or am). Other changes include a 200 garette limit per person and $25 on gift emptions. For details, see our booklet tion, page 72.

Winter is a festive season in Canada, d there are many joyous celebrations s month. In Québec City, the 25th nual Winter Carnival will take place m February 1-11, with parades, ice lptures, skating, and the spectacular nter canoe race across the St. Law- nce River. Other winter carnivals are heduled across the country. In Bran- n, Manitoba, the Canada Winter mes, a "mini-Olympics" will be held m February 12-24. Over 5,000 top letes will compete in 17 sports, rang- g from badminton to downhill skiing. rite the Canadian Government Office Tourism, Ottawa, Canada K1A OH6.

If your next vacation includes river fting, canoeing, cross-country skiing, any outdoor activity, it should also clude **The Bantam Great Outdoors ide to the United States and Canada.** s an easy-to-use guide that includes an cyclopedia, map, and recreational ide for every state plus the Canadian ovinces. In it are listings for canoe ntal services, wilderness schools, fam- vacation resorts, lodges, everything u could possibly want to know about y given area, plus over 15,000 hard- find publications that will give you en more information. $12.95, from ntam Books, Dept. DR, 666 Fifth venue, New York, N.Y. 10019.

Skiing in July? It can be done, at the mberline Lodge in Timberline, Ore. e 30-foot-deep Palmer snowfield is rmanent, and provides fine year-round iing for the advanced, intermediate, d expert skier. If you're not a skier but uld like to go along for the ride, you n still take a ride on the 1¼-mile lmer double chairlift to the top and turn the same way. The Timberline dge is 1½ hours from Portland, Ore. d has accommodations for 150. Dur- g winter months, there is skiing for all vels on the slopes of Mt. Hood. ■

Travel booklets on page 72

Ireland...friendly, unspoiled, inviting, exciting. From sightseeing to shopping, from castles to cottages, to the Abbey Theatre. And it's described to perfection in this beautiful 32-page full color book. Take the first step toward a perfect vacation by writing, then see your travel agent.

IRISH TOURIST BOARD
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Long Island City, New York 11101



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Please send me your free, 32-page color book, "From Ireland With Love."

YOU DON'T HAVE TO BE IRISH TO LOVE IRELAND

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CITY STATE ZIP
MY TRAVEL AGENCY IS DS-91

South Carolina.
It's a lot of great vacations.



Whatever kind of vacation you're looking for, you'll find it in South Carolina.

And to help you plan your vacation, we'll send you the new South Carolina Trip Kit—free! It'll tell you about things to do and places to stay. And there are maps to show you how to get there once you get here.

Wherever you go in South Carolina, you'll find a lot of great vacations. Just clip the coupon to find out how they can all be yours.

FREE SOUTH CAROLINA TRIP KIT
Name _____
Address _____
City _____ State _____ Zip _____
South Carolina Division of Tourism, Room 652, Box 78, Columbia, S.C. 29202

THIS IS AN AD FOR PEOPLE WHO THINK ALL THE LITTLE COUNTRY INNS ARE IN OTHER PEOPLE'S COUNTRIES.



They seem to have been lifted, setting and all, out of some other place. The French countryside, an English village, the Swiss Alps.

North Carolina's country inns. You see them standing tall on the mountaintops, tucked into green and yellow valleys, set back in the trees beside a winding road.

And, while the feeling may be European, the hospitality is strictly Southern. One innkeeper says it's "like having company all the time."

You'll find fresh flowers and four-poster beds. Music boxes and dinner bells. Long tables loaded with steaming platters of home-grown, home-cooked food.

And outside your window, and off the wide verandahs, scenery like you thought you could only find on picture postcards.

The famous and the obscure have warmed themselves at the great stone fireplaces of the inns. Aaron Bu John C. Calhoun. Woodrow Wilson. F. Scott Fitzgerald. William Jennings Bry

George Washington never slept at any of them, of course. But Cornwal (a gentleman who reportedly caused him to lose quite a bit of sleep) did.

The inns, in a way, are North Carolina in miniature. Because the warm



the people, the reverence for nature, the deep sense of history, are everywhere
u go. Everywhere the inns are. From the mountains to the sea.

So come, this year. Bring your camera, your heartiest appetite, and your
mfortable shoes. And spend your vacation in a fascinating country. Yours.

listing of North Carolina's inns and other accommodations, and a package of free booklets to
you plan your next vacation, write North Carolina Travel, Department 161, Raleigh, N.C. 27699.

NORTH CAROLINA

Dry lips?

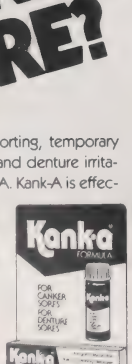


If you have dry lips or sore lips, you need Blistex, the medicated ointment in the tube. Blistex soothes and softens cracked, chapped lips, no matter what makes your lips that way! It's also great to help heal fever blisters and cold sores.

Blistex – The lip soother

CANKER SORE?

Now you can get comforting, temporary relief from canker sores and denture irritations with soothing Kank-A. Kank-A is effective because it acts as a protective covering that prevents more irritation from food and saliva. So soothing Kank-A gives you real relief while it lets Nature heal your sore mouth! At your favorite drug store



From the makers of Blistex, Oak Brook, IL 60521

GOING **PLACES,** FINDING **THINGS**

continued from page 69

BOOKLETS TO HELP YOU PLAN YOUR TRIP

To plan better vacations, here are some booklets that give you information about where to go and how to get there. Just fill out the coupon below and return it.

1. Aruba Holiday! is a monthly guide to shopping, vacation spots, and what's going on. Also included are restaurant listings, a road map of the island, and useful phone numbers.

2. Aruba's not far from the coast of Venezuela, but English is widely spoken —along with Dutch, Spanish, and Papiamento. **Aruba: Netherland Antilles.**

3. Club Med has over 35 resorts around the world, from its ski village in Chamonix to the tropical resort on Bora Bora. Details on rates and activities.

4. Club Med Charter Programs for 1979 leave every week from Baltimore, L.A., N.Y.C., and Chicago to the Bahamas, Martinique, Guadeloupe, or Mexico.

5. There are several **Rockresorts,** including Caneel Bay, Little Dix Bay, Kapalua Bay, Grand Teton, and the Woodstock Inn. All provide relaxing vacations in untouched natural surroundings.

6. Little Dix Bay, Virgin Gorda, British Virgin Islands, provides a perfect setting for beachcombing, diving, swimming, sailing, horseback riding. Private cottages on the beach plus a central pavilion for buffets, dances, movies.

7. With "Hilton Hopping" holidays, you can spend a week at two or more Hilton hotels in the Caribbean. Or, if you prefer, stay at one of its six hotels in Barbados, Curaçao, Trinidad, Jamaica, or Puerto Rico. **Hilton's Caribbean Pleasure Chest.**

8. Take one of Cunard's "Sail n' Stay" cruises and you'll get up to seven nights free at a well-known Florida hotel. Details and other cruises in **Cunard's Caribbean '79.**

9. The Woodstock Inn is beautiful year round. Go cross-country skiing in the winter or horseback riding in the summer. (See January House & Garden.)

10. Ski vacations at Waterville Valley, N.H. range from 3-7 nights for $81-$275. You get: hotel, skiing, and a special Ski New England/Eastern ski cap. More in Eastern Airlines' **The Real Ski Country.**

11. 1978/9 Skiing in Québec lists over 100 ski areas in the province. Information includes number of slopes, types of lifts, rates, and nearby hotels.

12. Winter in Ontario, Canada 1978/9: Information on skiing, snowmobiling, ice-fishing, annual events, and where to find out more.

13. 1978-79 Cross-Country Skiing and Snowshoeing: a guide to trails and facilities in Québec plus parks and reserves where sports are available.

14. Know Before You Go, from the U.S. Customs Department, will clear up any questions you have about what you can and cannot bring into the U.S. from abroad.

15. Importing a car, or bringing back your pet from a foreign country? Six brochures from the **U.S. Customs Dept.** explain various rules and regulations.

16. After a visit to the Eiffel Tower, dine at La Terrasse, a typical French brasserie. Forty-nine other restaurants —all reasonably priced—listed in **Inexpensive Paris Restaurants near Famous Monuments.**

17. The Spa at Palm-Aire, Pompano Beach, Fla., has extensive indoor spa facilities, plus outdoor activities such as tennis, golf, swimming, and boating.

18. Latin America: American Express 1979 describes 30 vacations in three different styles. Choose from free-lance vacations, where you do it on your own; Carefree, medium-priced holidays with an escort, or Priceless, deluxe escorted vacations to Latin America.

19. HRI's Directory of the Leading Hotels of the World has listings of hotels in a range that includes Topnotch in Stowe, Vt., and the Mandarin Inn in Hong Kong. All you need to know for over 100 deluxe hotels in 23 countries. ($1)

20. Hilton International Fact Finder has information on all Hiltons operated outside the U.S., from Austria to Venezuela. Rates, special features, services, plus useful addresses.

Circle the number of each booklet you want. Add $1 for postage and handling. Do not send stamps. Allow up to 4 weeks for delivery. Mail to: HOUSE & GARDEN, Dept. 2A, Box 3579, Grand Central Station, New York, N.Y. 10017

1 2 3 4 5 6 7 8 9 10
11 12 13 14 15 16 17 18 19 20

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Offer expires 5/15/79

THE FUTURA IS NOW.

Right now! Ford Futura gives you advanced styling with the look of tomorrow today. A sporty coupe with all the style and flair that's just right for the life you're livin'. You don't have to wait for the future to afford an expensive personal car. You're ready for Futura—now!



Now is a sporty way of life. Futura matches it with a sporty rack and pinion steering and an economical 2.3 litre overhead cam engine with 4-speed manual transmission.*



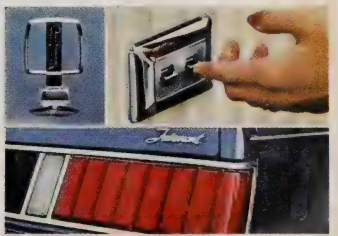
Now means personal style. Add your own touch. Order your own personal Futura to your own personal taste.



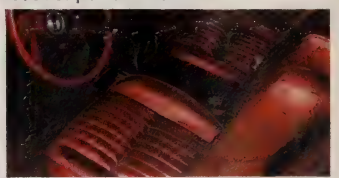
Now is a flip-up open air roof... open up your roof and let the sunshine in.



Now means you've got your own style... and we've got the car to match.



Now means luxury touches and high style, coming and going. Why not the optional touch of power windows?



Now is comfort. The luxury of 5-passenger roominess.

FORD FAIRMONT FUTURA

FORD DIVISION Ford

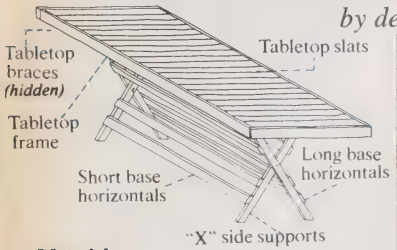
*EPA estimates 31 MPG highway, 20 MPG city. Your actual mileage may vary depending on how and where you drive, your car's condition and optional equipment. California ratings are lower.



The future isn't someday, it's now. Why wait? Step into the '79 Futura—now!

HOW TO MAKE THE **DO-IT-ALL** TABLE

by designer Peter Stamberg (see page 120)



Materials

- Two 6-foot lengths of 1-by-2-in. #2 pine.....$2.40
- Twenty 6-foot lengths of 1-by-3-in. #2 pine.....$36.00
- Two ¼-in. wing nuts.....
- 2 ¼-by-2-in. carriage bolts.....
- Four ¼-in. washers..... $1.05
- 6 oz. 1½-in. finishing nails.....
- 3 oz. 1¼-in. 16-gauge wire brads.....
- Wood glue ..... .30
- Sandpaper (3 sheets medium grain, 3 fine grain) ..... .90

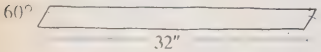
$40.65

Equipment/tools

Hand saw	Tape measure
Hand or power drill	Sanding block
Hammer	Pencil
30 degree-60 degree triangle	

Step 1 Cut wood to size as follows:

- Two 1-by-2-in. pieces, 58½ inches long, for tabletop braces
- Twenty-two 1-by-3-in. pieces, 28½ inches long, for tabletop slats
- Two 1-by-3-in. pieces, 58½ inches long, for tabletop frame
- Two 1-by-3-in. pieces, 30 inches long, for tabletop frame
- Four 1-by-3-in. pieces, 42 inches long, for long base horizontals
- Four 1-by-3-in. pieces, 40⅜ inches long, for short base horizontals
- Four 1-by-3-in. pieces, approximately 34 inches long, for "X" side supports, cut with a 60-degree angle at each end.

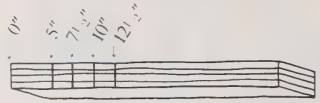


Step 2 Sand wood

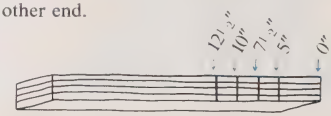
Sanding can be done by wrapping paper around a short block of wood or with power sander. First use medium grain sandpaper to remove splinters, ridges, and bumps. Next use fine grain paper until wood is smooth. (If you plan to paint, this will be sufficient. If you plan a clear finish, sand with finishing paper before applying first coat and between coats.) To smooth wood edges, run sandpaper over them 3 or 4 times.

Step 3 Assembly of the "X" base

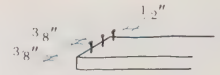
- Place the four "X" side supports together, resting on the 1-inch edges. Mark at the following four points:



- Turn the pieces over and mark four lines as before, measuring from the other end.



- Take the four 42-inch-long base horizontals. At each end, partially hammer or "start" two 1½-inch-long nails, ½ inch in from the ends, and ⅜ inch from each side. Start one more nail between them.



- To make the longer "X" base piece, place two of the "X" side supports parallel on 1-inch edges, 42 inches apart.
- Spread glue between pencil marks where the two horizontal pieces will be nailed.
- Position two of the 42-inch base horizontals, making sure that the unit is square.



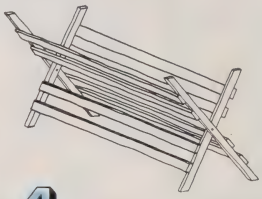
- Drive the nails. Wipe away excess glue immediately.
- Turn the unit over and glue and nail the other two 42-inch-long base horizontals as above.



- To make the shorter "X" base piece, repeat this procedure with the four 40⅜-inch-long horizontals.
- Drill one hole in each "X" side support, as shown.

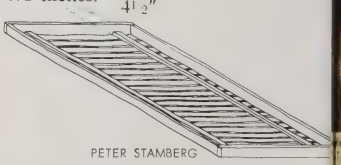


- To assemble the "X" base, slip shorter piece into longer. Insert one carriage bolt through the 42-inch-long piece. Then place a washer on the tip. Next, push the carriage bolt through the hole in the 40⅜-inch-long piece. Put a washer on the end, attach a wing nut. Repeat on other side of "X" base.



Step 4 Assembly of the tabletop

- To make frame, start three 1½-inc nails into each end of the two 30-inch long pieces as in Step 3.
- Turn the 30-inch-long pieces on 1-inc edges. Glue and nail to the 58½-inch long pieces to form a rectangle.
- Place the twenty-two 28½-inch table top slats inside the rectangle, evenly spaced about ⅛ inch apart. The end pieces are snug against the ends of the frame.
- Place the two 1-by-2-inch braces across the slats inside the frame. The distance between the frame and braces should be 4½ inches.



- Start forty-four 1¼-inch nails int each 1-by-2-inch brace so that there one nail in each side of each table sla
- Making sure the slats are in plac spread glue on them where the 1-by- inch braces will cross them.
- Nail the 1-by-2-inch braces into plac constantly checking that the slats a parallel and evenly spaced.
- Carefully lift the tabletop and place on edge. (Remember that the outsi frame is not yet attached to the cent pieces.)
- Using 1½-inch-long nails, attach t frame to the center slats by driving na about ½ inch from the top edge of t frame. One nail should go into each sla and an additional nail should go into t first, third, and fifth slats at each end.
- Turn tabletop over, repeat procedu
- Drive five nails, 5 inches apa through each 30-inch side frame to tach the frame to slats.
- Place the tabletop upside down. Spre glue where slats join frame.
- The table is finished, but should n be used for 24 hours, until the glue h thoroughly dried. Paint or varnish.
- The illustrations on page 121 sh how to set the table up at dining/de height and at coffee table height. ■

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In-home early pregnancy test.

The only early pregnancy test thousands of American women have used for the past 2½ years accurately, safely, privately, in their own homes.



ie S. Berger
put an end to our
ense. (7 a.m. on the
lay—it was the most
tiful ring we ever



Joy and Ernie Cutler
E.P.T. provided an unbelievable moment to share at home together, instead of waiting for a lab test.

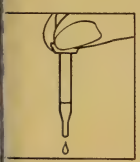


Paula Shegda
Two days after E.P.T. told me I was pregnant—my doctor confirmed it. It was just as accurate as my lab test.

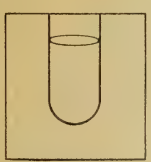


Marjie Odekirk
Thanks to E.P.T., I found out I was pregnant only 12 days after missing my period.

/our doctor will tell you, health
cautions for proper fetal develop-
nt are critical during the first 60
/s. So don't guess at pregnancy.
T. is the only in-home early preg-
ncy test proven accurate by thou-
ds of American women in over
) and one-half years of successful



Put three drops of
ine in test tube.



2. Add contents of plastic vial. Shake 10 seconds, place tube in holder. Leave undisturbed for two hours.



3. If, after two hours, a dark brown donut-shaped ring is visible, your test is positive. If no ring appears, your test is negative.

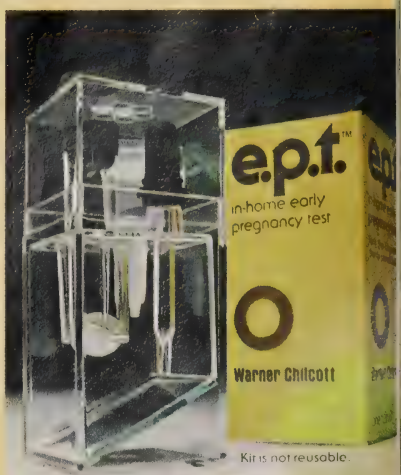
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Kit is not reusable.

PLANTS AROUND THE HOUSE

Getting back to roots

How to grow plants successfully in water

By Richard Langer

House plants are usually grown for either their striking foliage or for their beautiful flowers. Roots aren't exactly something you rave about. They are, after all, hidden beneath the potted terra firma. Yet, roots can be intriguing. And by focusing on the idea of roots for a minute, you may come up with some creative alternatives to traditional terra-cotta pots. The art of water culture in glass containers is an old one. And it can produce striking effects when it comes to house plants.

What you use as a container is as unlimited as your imagination, so long as it holds water and is not lead, copper, or brass, which can be harmful to plant growth. Antique bottles are often shown to their best effect filled with water and plants. Chemical glassware, such as beakers, flasks, and graduated cylinders, is another possibility. The only other real consideration, besides not using certain metals, is cleaning. White vinegar or Clorox works well with glass—just be sure to rinse well before refilling. A good bottle brush can reach the difficult areas in almost any container. The key word is *almost*. Try it before you plant. Algae may grow in a clear container, and if you can't clean it out, its appearance will spoil your water garden.

In addition to a container, you'll need some gravel, stones, and charcoal (available at pet stores). A thin layer of charcoal will keep the water fresh. The layer of gravel and stones, washed first, goes on top of the charcoal to keep it from floating up. The gravel also acts as an anchor for your plants, giving some of the roots a foothold. In a narrow-mouthed bottle that naturally holds the plant upright, you can skip both the charcoal and the gravel if you choose. The only difference it will make is that you'll have to change the water every month instead of every second month. Water does become stale, losing oxygen the plant needs.

True hydroponic techniques require that a complete mixture of chemicals be kept in suspension to nourish the plants' growth. However, the house plants suggested here are such rampant growers that they will do fine for a long time with simply water and good light, just as grandma's cuttings rooting in a glass of water on the window sill did in years past. For best growth, however, a little food does make a lot of difference. This doesn't mean you have to have a chemistry set. The water-soluble fertilizers sold for potted plants will work fine. Some plant stores also now sell special mixes for growing plants in water, and you may want to try these.



MARINA SCHINZ

Three varieties of cyperus in glass soufflé dishes in Jacqueline Hériteau's office

WHAT TO GROW

Almost all foliage plants can be grown in water with ease. Some flowering plants may thrive as well, but unless you're an inveterate experimenter, they are probably more trouble than they're worth.

The whole group of **Syngonium,** called African evergreens or arrowheads, make splendid indoor water plants. They look as if they belong in water. Keep them warm and in good light. No direct sun is needed.

The Chinese evergreen, **Aglaonema,** is probably the archetypical indoor water plant, a no-fail grower requiring only moderately good light. Dieffenbachia, with relatively the same appearance, thrives right alongside **Aglaonema** under the same conditions. Which brings up another point. There's no need to limit your water culture to one plant

Continued on page 78



Regular liquid plant food is applied in the same strength or slightly weaker than that recommended by the manufacturer for normal care of house plants. The only difference is that, instead of watering your plants with this solution, you grow them in it. One more thing. Some of these plant foods turn the water blue, or red, or other colors that you may or may not find attractive. Experiment until you find a nutrient solution you like—the plants will love any one of them. What they won't love is too strong a foot bath. Water will evaporate from your garden, so you will have to top it up occasionally. But don't top it up with more nutrient solution. This would produce an additive effect, the chemicals eventually giving your plants a hotfoot of chemical burn. Use plain water when topping up.

Planting in water

The easiest way to start a water garden is with a cutting. You simply immerse it in the water so that no more than the upper half is dry. As it grows, the proportions will of course change. But by making sure that at least half the plant is under water when you start, you'll en-

Continued on page 78

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PLANTS AROUND THE HOUSE

continued from page 76

sure better and heavier root development. If the cutting you've taken has leaves along most of its length, remove the lower ones before putting it in water. Submerged leaves will rot.

Plants growing normally in soil can also be transplanted to a water garden. Personally, I don't like to do it, because it can be a bit messy and because I feel cuttings that root the way they are going to grow—soil roots or water roots—tend to do better. However, "unpotting" a growing plant does produce an instant water garden, complete with roots. Knock the plant out of its pot. Set the ball of earth in a shallow pan of tepid water. Unless the plant was really potbound, most of the soil will readily wash off. Give the roots a final thorough rinse under a not-too-gentle flow of tepid water. Once the roots are clean, prune them reasonably thoroughly, removing all the broken and damaged ones.

If you find the plant thoroughly rootbound when you knock it out, you'll have to shear off the fine roots. This will do the plant no real harm as long as the main roots are kept intact and as long as you cut off some of the top leaves to keep the plant's system in balance.

Small plants can be lowered into their containers to seek their own level, with the roots more or less floating at will and the stem and leaves supporting themselves on the container's edge. Large, tall, topheavy plants such as tree ferns and dieffenbachias will need to be well anchored in gravel. Unstable plants make a mess if you happen to brush against them, toppling the container. But more importantly, plants are used to a stable life. Shifting about in their pot, they become cranky. ■

What to grow

continued from page 76

per container. Growing several different varieties together adds a rich contrast to your display.

Other easy warmth-loving water growers include **Acorus**, or sweet flag, philodendron, **Epipremnum** or pothos, **Plectranthus** or Swedish ivy, and **Cyperus** or umbrella plant.

For cooler spots such as the windows, try pachysandra (the same one that is used for ground cover outdoors) and **Iresine**, or blood leaf. The latter, referred to as Irene by our not-yet-botanically-conversant children, is particularly nice because it adds a vivid shade of magenta to the water garden. ■

ELECTRONIC CIRCUIT

continued from page 26

dial would normally be located, and you know you're tuned to the right station. Tuners using frequency synthesis have other easy-tuning by-products. They can have provision to preset up to six stations, so you merely have to push buttons to pick up your favorite FM channels. Some also have a "channel search" or "scan" feature—when a button is pushed, the set automatically tunes across the dial, stopping at each station in order. *(This is particularly useful for car hi-fi systems.)* Synthesis tuners automatically tune to the exact center of each station's frequency. The quartz oscillator can also be used as the reference signal for an extremely accurate clock, so some models give the exact time of day in digital numbers.

One European stereo receiver (tuner-amplifier combination) uses a single knob to control all functions. This includes tuning, volume, balance, tone, and so forth. Separate switches and pushbuttons determine the various functions of the master knob. Such complexity costs money but foreshadows the design of popularly priced equipment in the future. ■



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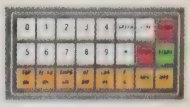
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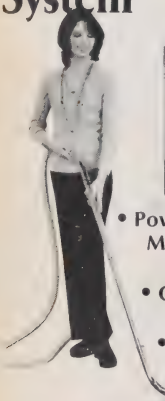


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HOUSE FIXER

How to hang a heavy plant

Tips on tool sources, an easy-to-build ironing organizer, plus light bulbs that save energy

By Deanne Raffel

Q What is the best way to hang a heavy plant?

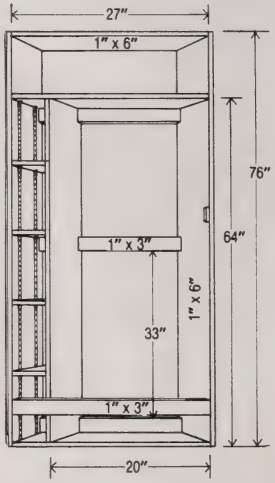
A A heavy plant definitely should not be suspended from just any spot in the ceiling, because it literally can land on someone's head. A joist (ceiling beam) must first be located before a hook can be situated.

If the ceiling material is plasterboard, tap the ceiling in the general area where you want to hang the planter. The sound will be hollow until the joist is found—then the pitch will be higher. Drill a small hole in the ceiling. Be sure that the bit bites solidly into 1¼ to 1½ inches of wood. If it does not, then drill another hole an inch or so away from this first one. This routine must be followed until the beam is found. Then twist a heavy screw hook (purchase at hardware store) securely into the hole.

If the ceiling is composed of lath and plaster, drill a small hole at the desired hook spot. Bend a 2-foot length of thin wire in the middle at about 90 degrees and slip one end into the hole. Rotate it until it touches the joist. Listen carefully to hear the approximate area that the wire has struck. Drill a hole in this general vicinity. Again, if the drill goes into 1¼ to 1½ inches of solid wood, the hook can be secured at this location. If the drill hits wood (wood lath) and then continues through it, try again until you hit solid wood. Sometimes several excavating holes will be necessary. These voids can easily be patched with prepared vinyl spackle. Once the joist has been located and the hook secured, slip a rope over it and test it before hanging the plant.

Q Can you suggest a way to organize ironing equipment?

A A shallow closet can be attached to a wall or hung on a door to hold ironing board, iron, sprinkling bottle, spray starch, hangers, etc. Above is a design you might copy. Basically it is made of a 1-by-6-inch lumber frame, with three (or four if you hang it on a door) attached 1-by-3-inch hanging bars in back. You can have the wood precut at your local lumberyard. You will need a ½-inch plywood door to fit. Be sure to check the wood for exact measurement before beginning assembly. If the sizes are not correct, return them to the yard and have them recut. Sand each piece, then nail wherever two boards cross. Use at least 2 nails at each joint, driving them into the wood in opposing directions and then countersinking with a nailset tool. Support side shelves on metal standards and clips (from the hardware store), which are quickly secured with small drive nails. Once the door is hung, add a magna-lock and a knob.



To hang the closet on a wall, locate and mark 2 studs. Drill holes in the hanging bars 16 inches apart, and then pilot holes in the studs to coincide. Use flathead wood screws to secure closet to wall. To hang on a door, drill tiny holes where the 4 hanging bars will be attached. For solid core doors, attach with flathead wood screws. If the door is hollow, then drill ¼-inch holes and insert Molly anchors. Secure the closet to door with flathead machine screws.

Q What is the most energy efficient type of lighting?

A Incandescent bulbs produce point source lighting, strong shadows, and generate a lot of heat. By using fluorescent lights, you gain savings two ways. First, a fluorescent tube will give you almost four times the amount of light for the same amount of incandescent wattage. Secondly, because it generates less heat,

Continued on page 82

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HOUSE FIXER

continued from page 80

the fluorescent is less wasteful of energy. Fixtures are more costly to install, and the bulbs are more expensive, but the initial cost is soon offset by the savings in utility bills. Fluorescents have been improved not only in range of colors, but in comfort on the eye. The most recent are stabilized and do not flicker obviously. While most people think of using them only in bathrooms and kitchens, they can be creatively used in any room in the house, for instance, lighting art, or placed under built-in furniture to give light from beneath.

Q Where can I find the kind of specialty hardware tools I need for doing remodeling projects?

A When your local hardware store does not carry the tool you need, inquire about special ordering it. If it is an item that is readily available at a supplier, the store usually will accommodate you. Also, try a large home-repair center for an out-of-the-way item such as a small tack hammer, miniature pliers, or shaped paint scrapers—a phone call will tell you if it is an in-stock tool. An outlet for the smaller mini-type tool is the hobby shop as well as various craft-supply houses. If the tool you want is not obtainable at any of the above sources, then request a catalogue from the following suppliers who carry hard-to-find tools:

Brookstone Co.
127 Vos Farm Road
Peterborough, N.H. 03453

Jensen Tool and Alloys
1230 S. Priest Dr.
Temple, Ariz. 85281

National Camera, Inc.
200 West Union Ave.
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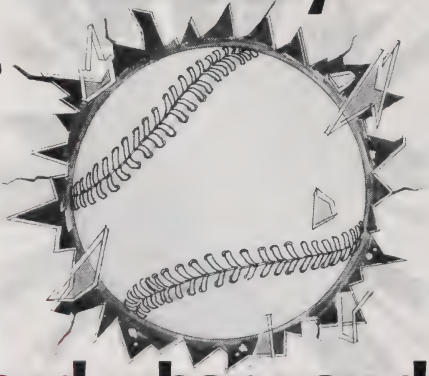
■ AIR LEAK SEAL

Wall outlets and switches are unexpected sources of heat loss in rooms. As much as 8 percent of cold air infiltration comes from empty outlets, according to Texas Power & Light. Here are insulator Draft Sealers for outlets (and switchplates) of resilient synthetic material. Unscrew outlet cover plate, slip in Draft Sealer, screw plate back, insert insulator caps on empty outlets. Kits with 6 outlet insulators, 10 caps, 2 switch insulators, about $3.99 at hardware, department, home center stores. Armstrong Cork Co., Lancaster, Pa. 1760-

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IDEAS!

How to find them and make them your own

Ideas are what House & Garden is all about: imaginative, practical ideas from the most inventive people in the world. Some are so obviously fresh and exciting they wave banners at you; others, just as valuable in their more subtle ways, need to be plumbed from the depths of photographs. Here's the way to find them.

How to be an idea sleuth

Does the room solve a problem similar to yours? Small or odd-shaped spaces might be enlarged and reproportioned with mirror, color, furniture placement. Low ceilings lifted with clever window treatments or lighting. An appalling lack of storage space relieved with curtained walls or rafter bookshelves.

Can the principle be applied to other problems? Ceiling tracks built to hold lights might also suspend plants, or, against a wall, pictures that slide and stack for a changing display. Cupboards under banquettes could be adapted for stereo storage. And a one-can-deep closet might be just the thing for that useless space behind the bathroom door.

Is the effect you see one you'd like to create? Plants can be grouped to give the height and lushness of a tree, to balance a piece of furniture, or filter windowlight. Collections might be displayed importantly all together, or scattered about on tables for a more homey, *please-touch* look. Colors can keep to a family or join fabulous forces in unexpected combinations, and patterns can work together to create a wonderfully warm and inviting ambiance. Look for details, too. The way a slipcover is welted, a curtain edged and tied back, a light hidden below and behind a piece of furniture, can give a room just the polish it needs to be sensational.

How to make an idea your own

Imagine the same thing in another material: A carpeted platform could be handsome in quarry tile instead; a pleasing mix of fabrics might be recreated in sheets; and a collection of baskets could be just as handsome grouped on the wall as blue and white porcelain platters.

Try scaling the idea to your own needs. A whole wall of stenciling might be too much for you, but how about a stenciled dado or a band around the ceiling? Or take the opposite tack, and glorify the design on a tiny lacquer box by putting it all over a painted armoire.

Can you do it yourself? Nothing is more personal —or more authentic—than something you create with your own hands. And it's often the easiest thing in the world to whip up an armload of mauvey pillows that give life to an all-white room. Or to screen off a private dining area at the end of a room with hinged Masonite panels painted, papered, or fabric covered.

Take a good look at the pages that follow, and, for that matter, all the pages coming up in the months ahead. You can take your pick of pretty, livable, wonderfully adaptable ideas, starting right here.

IDEA!

Let a pattern inspire a

A living room full of ideas with color, fabric, and furniture arrangement. To see why they work, and how to make them work for you, turn the page

KAREN RADKAI





Before you read this page

Turn back to the preceding photograph and see how many decorating ideas you can find. Then, on these pages, see how many we found. When you compare scores, note that we've added a bonus here: pictures of the room from every angle.

Reading a photograph is a treasure hunt—the closer you look, the more ideas you find. To launch you on the game, we've analyzed the photographs of one room for attractive, adaptable ideas, just the way we analyze every photograph when we are choosing the stories for an issue. But if you're an accomplished idea-spotter, you may have noticed things in this room that we haven't pointed out, especially if they solve a problem for you or set your imagination sparking. As you study the rest of this issue—and every issue—you'll find lots more. If we haven't mentioned them, it's because we're using our words for the ideas you can't get just from a picture: the thinking behind the rooms and houses and gardens and food that we show and that only the people who created them can tell us. A case in point—What initiated the color scheme in this living room—the rug, the fabric, or the collection of blue and white china? You'll find out on the opposite page.

Color and pattern work togethe

Patterns that share their colors are used separat but equally on the sofa and chairs. (And pillows in sofa's fabric turn up on the chairs and vice versa *below left.)* Peach is borrowed from both patterns the walls and ceiling. It pairs up with blue in a des on the rug—in a variation of the sofa's color and pa —and anchors the whole room. You can combine colors in complementary patterns in just this way your own house. And if peach and blue don't suit style, use your favorite colors. How about carame and green? Turquoise and geranium? Gray and ga

Furniture arranged to satisfy the eye

Notice how this room is balanced not only by color and pattern but by the furniture. The mantel is balanced by the piano at one end of the room, the oak armoire at the other; and by the two tables that flank it. The sofa faces two chairs across a rug; each has a table behind it: lacquer for the sofa, oak for the chairs.



Invisible furniture makes space

Can you find the coffee table in this room? If you need a big table that's unobtrusive, think of using an inconspicuous material.

South



Color flows from room to room

See what happens in the hallway, how its blue walls intensify the blue in the living-room sofa's print. What you see beyond a room has impact on the room itself.

Details count

Look how a collection of family pictures gives this tabletop a friendly personality, and how the surprise of a miniature chair tucked underneath it can give it a sense of humor. The lamp illuminates and draws the eye up to art that balances the mantel.

West



Fabric c enhance furnitur

To get answe ask question Why are the chairs and n sofa in front piano? Imagi it the other w and, instantly you see the imbalance of dark blue pri with the ebon piano.

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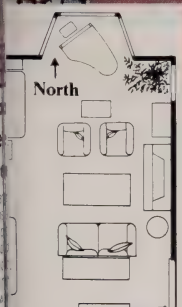
North

Mirror plus color reshapes space

See how the bay window wall is entirely mirrored and how the mirror reproportions the long narrow room, making it seem wider, giving it depth. Another way to enlarge a room is to pay attention to the ceiling. White might bring it down around your shoulders, so this ceiling is a light shade of the walls' peach. Cornice moldings are an intermediate shade.



KAREN RADKAI



zy seating is off-center
nake room for
ific, broaden the room.

Spacemaking within a space

Does the lacquered table do more than hold a lamp and crystal decanters? It adds needed color near the dark print and creates a visual boundary to enclose the seating group, give it a sense of intimacy.



Interior designer Celia Cleary

IDEA!
Let a pattern inspire a room

The whole design of Mr. and Mrs. Dan Cleary's living room was structured around the blue and peach fabric Mrs. Cleary chose for the sofa. "I like to start with a fabric and use it as a jumping off point," says Celia Cleary, who is a partner in California design firm P'Zazz. "I had the mantel, the piano, and the armoire, and since they were all big dark pieces, I used the fabric's soft peach as background." The walls and ceiling are washed with shades of peach and the armchairs are covered in a peach-and-white flame-stitch pattern that is "more interesting than a solid." To define the seating area, Mrs. Cleary designed an area rug in another variation of the sofa's print. Once the colors were chosen, she concentrated on arranging the furniture. "All the furniture is carefully balanced to let the bold color and pattern speak without interruption." But the symmetry of the arrangement is not obvious because, except for the chairs and two lamps on the tables flanking the mantel, there are no pairs in the room. "I buy things I love and then work the arrangement around what I've collected."

"It's easier to mix patterns freely if you extract one common color and use it as background throughout the room"

IDEA!
Let a pattern inspire a room





For breakfast ro and kitchen, twin patterns, reverse prints

At first glance, it seems t color unites the breakfas room and kitchen. Take a closer look: Their print are unidentical twins.



KAREN PADKAI



In the dining room, yellow walls teamed with blue and white

Two patterns with contrasting personalities—one sophisticated and bold, the other a tiny blue and white country print—team up to advantage—on walls, curtains, and high-waisted undercurtains. More blue and white freshens th dado, and the rag rug, chair seats, and porcelain make both patterns look right at home.

ne nice idea is to use color consistently—but imaginatively—throughout a whole house. That way you feel a relaxing unity when you walk from one room to another," says de-gner Celia Cleary. She used blue—the same deep blue of the living room's sofa fabric—relate all the spaces in her house. Even the exterior is blue, *opposite page top left*, zipped by a dash of yellow in the awnings. When you enter, you're greeted by a foyer, *bottom*, ith blue and white walls that turn up again as the dining room dado, *opposite page middle*, nd on all the kitchen cabinets, *opposite page bottom*. To unify the kitchen and breakfast om, *opposite page top right*, Mrs. Cleary used variations of one blue and white wall-per: The pattern on the kitchen's walls and ceiling is the reverse of the one in the break-st room. The breakfast room's blue rag rug recalls the one in the dining room. And e undercurtains in the dining room are the same print as the wallpaper off the entry hall.



In the bedroom, an exercise in mattress ticking for bed, sofa, curtains

Look how one pattern can be used lavishly—and still not overpower the room. The reason? It's used in two different colors. In blue and white, it covers the sofa and bed, is used for undercurtains. Rust and white pattern turns up on pillows and curtains (tied back with the blue and white), also as fat welting over the bed's dust ruffle.




NORMANDIE
LE HAVRE – SOUTHAMPTON – NEW-YORK



IDEA: Art-Deco Rates

If this living room reminds you of Hollywood in the thirties, there's a very good reason: Its designer-owners, Marty and Sandy Davidson, filled the house with Art Deco—"We think Art Deco is a wonderful memory of Hollywood at its best"—and lots of soft pastel colors. (If you spend a sunset here, you'll see where the colors come from.) The house sits high on a hill overlooking Hollywood, and the Davidsons, who relish their view, brought as much of the outdoors in as they could. They had some windows enlarged, others added—and eliminated curtains altogether. An existing deck was extended to make room for a hot tub and an outdoor dining room. Tropical plants and trees became part of the family. "We wanted the house to be the best of Hollywood, past *and* present," says Mrs. Davidson. "All those bold geometrics and slick plastics combined with glamourous palms — it's right out of the movies."

A taste of the 30s in color, art, design

In a dramatic two-story-high living room, a variety of Art Deco pieces steals the show. The Normandie poster was blown up from a poster book. The rattan coffee table and the tube-lit rattan bar and mirror were found in shops near the house.

Space-making furniture plan, pictures hung to lift the eye

Since there's more than one way to enter this room, the Davidsons made space for traffic by arranging a seating area in a corner. The L-shaped sofa provides more seating than meets the eye—and the eye is drawn up to the high-hung poster and mirror.

KAREN RADKAI



The 30s live, in frondy plants, Art Deco exclamations
Bold pieces are treated boldly here. You can't miss the foyer's neon clock (you'll know if you're on time at the Davidsons), or the dramatic plexiglass two-piece mirror on the two-story living-room wall.

"All our decorating ideas came from the most attractive aspects of informal living," says Sandy Davidson. In the living room, *above*, the sofa is big and comfortable and is covered in the same inexpensive peach cotton as the ottoman and the enamel chairs, which made their debut with Fred Astaire in *Come Dance with Me*. Except for the rug and the stairway carpeting, the floors throughout the house wear only natural sheen. To open up the kitchen and bring pany to the cook, the kitchen wall was replaced bamboo-and-glass brick bar, *opposite page*, A big skylight shaded by upside-down parasols just the right amount of light for diners coole 1930s airplane-propelled breeze.

DEA!
rt-Deco
ates

EN RADKAI





A bedroom the color of the western sky

In a bedroom warmed by touches of wood, mirrored closet doors reflect a friendly array of bedside reading. The mirror over the bamboo table is a triple-toned Art Deco treasure.



A deck for dining

Off the living room and bedroom, a wood-slatted deck lets the Davidsons dine outdoors on a 1920s rattan-based umbrella table.



In the dining room, parasols shade the skylight

Brick paving, knotty pine cabinets, and lots of plants make this skylit dining room a pleasing mix of old and new. And notice how the wood-and-rice paper kitchen lighting enhances the Art Deco pieces and the Japanese lanterns and parasols.

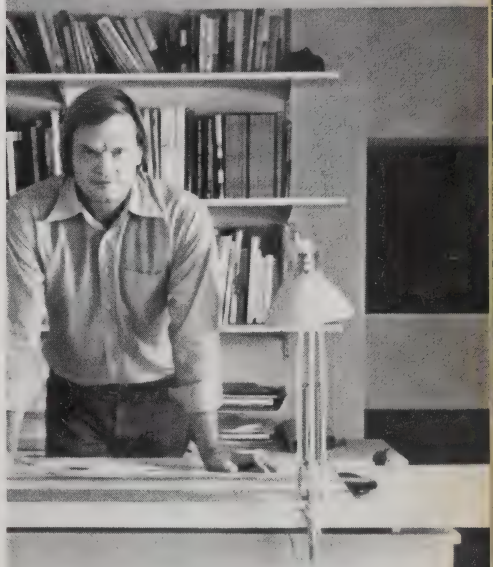
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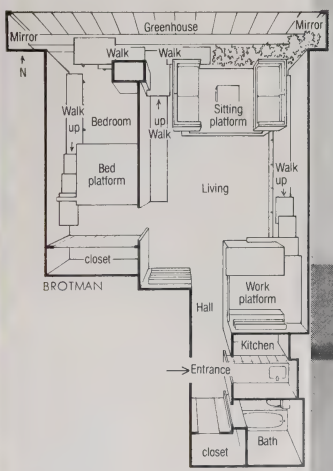
IDEA!

How to make two rooms live like six

Elevated living platform, two places to eat and sleep. A balcony work center and a through-the-greenhouse view

Living, sleeping, entertaining, and working can be tight in two rooms. But with 12-foot ceilings and a front-wall greenhouse to mitigate limited floor space, architectural designer Horace Gifford could expand vertically in his New York apartment. By building a raised platform, *right and below right,* he created a seating area for window-level enjoyment of greenhouse and skyline views. Concealed beneath it, floor space remains for housing a guest bed—a gain of two floor levels in the space of one. A 2-foot-wide carpeted walk and steps lead to the sofa platform. At the opposite side of the living room, another platform, reached by a higher walk and steps along one wall, is Mr. Gifford's out-of-traffic work area, *right.*







TOM YEE



IDEA!

Six rooms in two

The greenhouse covers the front w
of living room and bedroom in t
converted loft building, *above*. Or
3½ feet deep, it doubled in appare
size when Mr. Gifford mirrored the e
walls, *facing page*. He built the 6-l
11-foot seating platform 40 inches hi
and the fitted twin, cantilevered so
with sheet-clad cushions. The ent
platform rolls back to reveal the pu
out bed underneath. The 58-inch-h
work platform next to the room e
trance, with built-in drafting tab
files, bookshelves, has a closet bene
it. The third platform, in the 8½-fo
wide bedroom, is the loft bed suspen
ed above the dining table used for p
ties, or as a work space during the d









Guest bed under roll-away living platform

Left, above: Platform and sofas, of ¾-inch plywood, are screwed and glued together. Platform is easily pulled forward into room on corner rollers so guest bed beneath can be pulled out at rear. Walk to carpeted platform continues along greenhouse.

Raised work center reached by walk, steps

Above, center: Up five steps is the compact 7-by-7½-foot work area almost 5 feet above the living room floor. Neatly organized, it concentrates Mr. Gifford's architectural design activities in sequestered space.

Loft bed above, dining space below

Right above and below: The loft bed is supported by two lally columns below it and a suspension chain above. Space is freed for a dining table underneath. Bed is reached by steps and walk along wall; under them is storage for two shelves of books in space 40 inches high, 16 feet long.

For shopping information, see page





IDEA!

8 ways to garden on a 100-foot lot

A roadside cutting border, an ivy screen, and 6 other garden innovations

A corner lot with a historic house was a mixed blessing until Texas architect Albert Keidel helped the owners achieve country privacy without depriving sightseers of glimpsing enchanting ideas anyone could borrow anytime, anywhere.



View from street in Fredericksburg before ivy covered new chain link fence.

Between street and house, chain link in disguise

A problem of privacy, solved with old-fashioned flowers and a curtain of ivy on a chain link fence, *right*. (Between flowers, stepping-stones for easy snipping.) A walk-through from house to mailbox provides a welcoming garden view. For more ideas, turn page.

BEADLE



IDEA!
8 ways to garden









No-fuss herb and salad patch

"Fresh lettuce and tomatoes, mint, parsley, dill—I don't think we could get along without this little garden," says Maurine Bogisch. Only 16-by-18 feet, it has 22 kinds of sun-loving plants. Diagonals of gray santolina lead to a potted sweet bay tree at the center.

Plan: 1. Cutting border. 2. Ivy fence. 3. Canal. 4. Wall garden. 5. Terrace. 6. Bird houses. 7. Herb and salad patch. 8. Open-air potting shed.



"A garden should be a private world, but we didn't want to be so closed off that people couldn't even look," says Mrs. Martin Bogisch. She and her husband and their architect, Albert Keidel, all take pride in Fredericksburg's lure for visitors: early stone houses, often half-timbered, built by German settlers. With no wish for an unfriendly wall, and no space for wide hedges, they decided on a chain fence green with English ivy. Through its broad opening, a stepping-stone path crosses a narrow canal to a pecan-shaded terrace. Here the Bogisches look across lawn to an old barn Mr. Keidel remodeled as a guest house. Wheeling flocks of birds are attracted to martin houses and a barrel remodeled as a dovecote. Farther back, there is an ivy-screened service yard and a herb and salad garden. Everywhere one looks, there are ideas with old-world flavor, and not an inch of town lot wasted.



ylily canal, l garden, nt-paved ace

et sounds disappear you cross over our w moat." It has low ling fountains and hes from house to house. There a wall g with pot plants. ace with an old iron has pockets in the work for plants.

els for birds ug patrol

rent's free," Martin ch says of the lofty ouses that welcome t-eating purple ns each March.

en-air potting ind ivy fence

benches stacked to two shelves," *left*, a handy work area d ivy, grown lush in ummers. More on ivy s, page 188.

IN SEARCH OF A QUIETER LIFE

By Caroline Seebohm



ANITA SIEGEL

Too much noise where you live? Sound experts tell you how to protect your ears from decibel overloading and suggest ways to soundproof your rooms

Another puts her small baby into its windup swing, and unthinkingly cranks the metal handle. The baby startles on hearing the sudden loud noise. For the mother, it is just another sound.

We don't think about our ears much. We are aware of what we see, touch, and taste, but our knowledge about sound falls way behind. What our ears are exposed to is so pervasive and constant that we seem to take it for granted. Yet we are moving into an age when sound, and its science, acoustics, may play an increasingly important part in making our lives more carefree, stress-free, and in harmony with our environment.

Dr. Amar Bose, Professor of Acoustics at the Massachusetts Institute of Technology, believes that our poor intuition about sound, as opposed to light, for instance, is due to our upbringing and experience. "For example," he explains, "everybody knows that if you put a large ball in front of a light bulb, you don't see the light bulb any more. But if that light bulb was a sound source, very few people know w would happen i ball is placed in of it. Will the stop the soun not? In fact, it the sound in one of the frequ spectrum but n another."

Probably the time we really about sound is it is noisy. But does sound be noise? When i comes unpleasa the simple an Some sounds always unplea such as traffic h But even plea sounds bec noisy when the bel level is enough. A de measures sc energy. Ordi conversation, instance, registe about 50 decibels. A compact car runs at about 60 deci a garbage truck in action registers 81 decibels; and a rock grou run anywhere from 105 decibels up. For most people, soun continuous exposure reaching a threshhold of 75 decibels be annoying, at 85 decibels might impair hearing, and at 125 dec your ears will positively hurt.

Today our ears are probably enduring more decibels than before in our history. City dwellers are the most exposed, with noise, road repairs, subway trains, car horns, police and fire si

airplanes endlessly roaring away at full volume. But in the try, noise is also present, from farm equipment to delivery s. Everyone is exposed to the ubiquitous transistor radio. And home contains potential noise hazards—an electric blender, nstance, producing up to 100 decibels, can be noisier than a ay train rumbling under a city street.

nat does loud noise do beside making us wince and cover our The obvious effect is on the ears themselves. Medical evidence s that exposure to pressures over 90 decibels can cause a ilative degenerative effect on hearing. The British medical al, *Lancet,* reported that hearing loss may be significant in g people exposed to very loud music over a period of about ears.

t other physical damage is also a potential threat. Loud sounds your body to danger, pumping adrenalin, tensing muscles, hing the stomach, putting a strain on the heart. Laboratory have been known to die when exposed to 175 decibels for 60 ids. Experiments with monkeys at the University of Miami cal School confirm the possibility of serious health hazards g from noise.

ntal pressure is also a possible consequence. Much research is eing presented to prove the stress arising from noise in offices; wo City University of New York researchers have shown that can seriously impede learning in children. People who work ge offices are probably aware of the strange feeling of peace elaxation that comes over them when the air-conditioning n is turned off, or when the public address system is silent. no doubt that ambient noises, such as air conditioning and sounds, have a tiring effect on people," says Dr. Bose. "The ness that comes with quiet is a positive experience." In other s, you are more likely to unwind successfully in the peace and of a country garden than in an apartment above the subway.

Some people, it should be noted, are more sensitive to noise than others. Women, for instance, are recognized by hi-fi dealers to prefer to listen to their music demonstrations at a much lower volume than men. How often is it the woman at home who asks for the music to be turned down? It's not just Mom being tiresome—she is simply reacting more sensitively to sound (although no physiological basis has been found for this phenomenon). It has also been sug- d that drinking alcohol makes people more sensitive to noise. recent experiments at the University of Utah show that if a n has been drinking, the muscle in the middle ear that contracts otect your eardrum against loud noise relaxes, thus losing some t protection. So dancing *and* drinking in one of those deafen- scos will not do your ears much good.

most people don't want complete quiet. It makes them ner- Dr. Bose mentions the interesting feeling of being in an ane- chamber, that is, a room that is quite literally soundless (it is elaborately designed, impossible to achieve without highly technical expertise). "Going into this room for the first time makes many people uneasy," he says. "It's an environment that nobody has experienced before. I had a similar experience when I first went into one. One feels one has lost one's bearings. But in later years, I have had to work a lot in these chambers and found that once the uncertainty disappeared I became aware of the value of this perfect quietness. And then when I wanted to think in depth about a problem, I would go into an anechoic chamber and work on it; the absolute silence is very conducive to relaxed concentration."

We can't all have anechoic chambers in our houses or apartments, however. Even if we did, we couldn't stay in them forever. It is more to the point to try to lower the noise levels in our daily lives. The laws are not particularly helpful in this respect. Under a Federal standard that went into effect in 1971, it is illegal for an employer to expose an employee to noise of more than 90 decibels for 8 consecutive hours. There is also a revised Noise Control Act before Congress which legislates for noise levels of trucks, buses, motorcycles, lawnmowers, and so forth. The Environmental Protection Agency also sets standards to protect people from a variety of noises from trucks to home appliances, even going so far as to propose a program that would require manufacturers to put noise labels on their products, so that consumers could shop around for less noisy items.

"Our main thrust is setting regulations for vacuum cleaners, air conditioners, and chain saws," explains a spokesman from the EPA's Office of Noise Abatement, "as well as other consumer products, and also products that reduce noise, such as hearing protectors, mufflers, and acoustical tiles. But the process will take about two years before you will see labels on products in the stores."

Meanwhile, you might begin to think about the quality of your sound waves at home. Dr. Bose, who has built his own house outside Boston, took particular care, as you might imagine, with its acoustics. "Many houses are built without any thought at all for sound levels or reverberation, so that, for instance, you can hear the TV in the living room reverberating in the bedroom, or the kitchen dishes clatter in the dining room. Another problem with many homes is something called standing waves. A standing wave can be generated wherever you have parallel walls. A sound wave hits one wall, reflects back on itself from the opposite wall, and keeps on repeating itself, making an unpleasant effect you can feel. You can hear it as a ringing or 'slap echo' when you clap your hands. This kind of noise, although you may be unconscious of it, can contribute to tension and stress within the family."

Dr. Bose would like to see new houses built with fractionally nonparallel walls. In an existing building, you can break up these standing waves by doing anything to interrupt the flat, hard surface of the walls, such as installing blinds, wall fixtures, lamps, drapes, or a piece of furniture, which deflects *(Continued on page 150)*

Nine ways to cut down the noise levels at home

Place furniture, blinds, wall fixtures, lamps, or ains in a room to break up standing waves created by llel walls.

Use carpet or fabric on walls to help absorb noise, ell as carpet on floors.

Mount your appliances on ubber pads or fix them so they are stationary.

4 Soundproof the ceiling above your kitchen sink.

5 Experiment with earplugs.

6 Suggest that your family use headphones for loud music playing.

7 Try playing a record or tape of "white sound," such as the *Environments* of Syntonic Research, Inc. (For more information, write Syntonic Research, Inc., 175 Fifth Avenue, New York, N.Y. 10010.)

8 If your neighborhood is very noisy, consult your local authority—there may be local ordinances covering motorcycles, lawnmowers, and other nuisances.

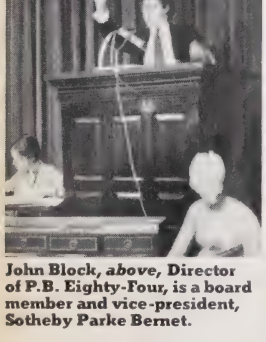
9 Send for the most thorough handbook on noise now in print—*Quieting: A Practical Guide to Noise Control,* published by the National Bureau of Standards and available from: U.S. Government Printing Office, Washington, D.C. 20402. Please send $5.10 to cover cost, and mention its title and stock number: 003-003-01646-2.

How to get in on the AUCTION ACTION

An insider's guide to finding and bidding for bargains

By John Block and David Redden

EDWARD OLEKSAK



John Block, *above*, Director of P.B. Eighty-Four, is a board member and vice-president, Sotheby Parke Bernet.

Buying at auction has become the new American pastime for those who want to get the greatest value for their dollar. Auctions range from the small country sales where everyone sits on the grass as the farm and its contents are sold, to the great international auction houses like Sotheby Parke Bernet with sales of rare objects of art that can sell for millions of dollars. In fact, nearly every city in America has its local auctioneer, some of them great characters who enjoy selling pots and pans as much as antiques and works of art. Everything can be purchased at auction. The back pages of the Sunday papers advertise auctions of large factories and their contents, as well as sales of art, antiques, and household effects.

What are you looking for? Old silver, porcelain, a painting, something useful or something to decorate with? Or are you a collector of toys, dolls, Greek or Roman antiquities, Oriental ivories, stamps, or coins? Remember, the price does not have to be high. Country sales sell items for as little as 25 cents or a dollar, and even the most glamorous auction houses in New York or London catalogue thousands of items selling for only a few hundred dollars. Auctions offer a chance to buy something you will love, but first learn the rules of the game

Choosing the auction

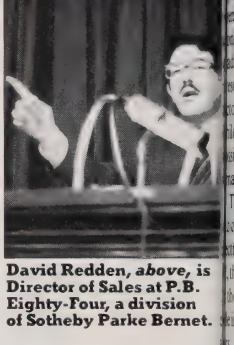
Ask around, get to know the reputation of the local auctioneer. Study the antiques, leisure, or auction page of the newspaper and look through the special magazines and journals devoted to art and antiques, which list hundreds of sales. Where you go and which sale you choose depends much on what you are looking for. The local auctioneer may have just what you want. However, if you are collecting something just a little more rare or sophisticated, you may have to turn to one of the great metropolitan auction houses. You will also see the best things go under the hammer at these salesrooms, and that is how you learn about auctions.

Every auction has an exhibition period when the property to be sold is open for the inspection of the public. The exhibition may last several hours or many days, and if you are a prospective bidder, you should always attend it. It may be elegant, with a fancy cocktail party to start it off, or it may be casual, with objects still coated with dust. Each item or lot (group of items) will have been given a number and the tag will be prominently displayed. These numbers refer to the order of sale and will help you gauge when you should arrive to bid on the day of sale.

Checking out before sale

Most exhibitions will have some sort of catalogue available, which you should buy. Even the most rudimentary will provide a useful checklist for you to note down which lots are most interesting to you. The better catalogues, however, provide important information about each object, giving dates, attributing authorship, describing damages, and listing estimated prices. At the largest auction houses, the catalogues are often models of scholarship, with numerous illustrations, and give the antique collector one of his most important reference tools. These catalogue descriptions are sometimes guaranteed by the auction houses. If within a given period, generally five to seven years, the buyer determines his purchase is not as described, he may return it for a full refund. However, remember that most catalogues are not guaranteed.

At casual sales, your eyes will have to strip away layers of grime, quickly separating good from bad. Walk about the entire space. Poke into corners, scrutinize the cases, look through boxes. Remember, that the last auction buff who went through the case may well have nudged the choicest object in the darkest corner. It's remarkable how often the Georgian silver seems to be hiding behind the silverplate. Do not be put off by appearance. That's the trick of auction exhibition. When nothing has been cleaned up, it takes imagination and experience to see something important or useful beneath the surface grime, the great print in the cheap frame, the 18th-century landscape beneath 200 years of varnish. Occasionally, a country auctioneer has no idea of how important that early Chinese vase is, so don't be put off by the brief catalogue description



David Redden, *above*, is Director of Sales at P.B. Eighty-Four, a division of Sotheby Parke Bernet.

or the way it has been l with a collection of kit china.

If you think you have u ered a treasure, exami carefully. Pick it up. T over. Look for quality an signs of age of an auth antique. Compare it wit catalogue description. I best sales, this is how to your eye. Did you realiz plate was 18th century? In sales you may be on your When the catalogue says XV, do they mean peri "style" (produced in a century in a similar de Perhaps they don't know selves.

If you have questions t speak to the cataloguer. he really know about Ja prints? Why does he thin pottery figure is Ming dy And talk to other auction Auction exhibitions are social events. You may b friendly with an experi collector who can give yo advice. Make your own ments. A little homework help. Look at the furnitu play in the local museum through a couple of book the library.

Be sure to look for con Ring the glass. Look fo cracks in the porcelain that tabletop been rep Auctions sell "as is" ar

Continued on pa

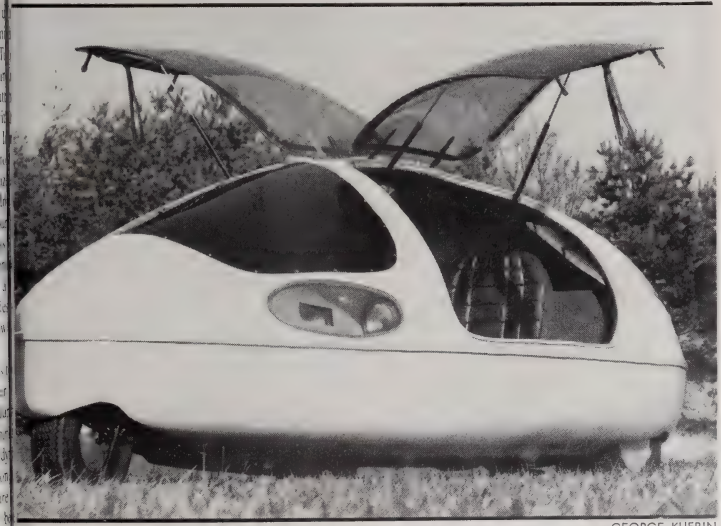
By Richard and Jean Taylor

ectric cars have captured the imagination of everyone, from government energy ex-rts and environmentalists to commuters looking for cheap transportation. The ctric car seems to answer all our transportation problems. . .it's noiseless, llution-free, reliable, and inexpensive to run. The obvious question is: "If electric s are so wonderful, why can't I buy one?" Well, you can. There are electric cars, ctric vans, electric buses, and even electric bicycles available from a variety of nufacturers. Many of the companies making electric vehicles are small and atively unknown concerns, but giant international corporations like General otors, Chrysler, General Electric, Volkswagen, and Fiat are serious about develop-, the appropriate technology.

Most of these advanced new electric cars are being developed under grants from Federal government. In September, 1976, Congress passed the Electric and brid Vehicle Demonstration Act, which ordered the Department of Energy to nd $160 million tax dollars before 1981 on the development of electric vehicles. ngress also ordered that there be several hundred experimental electric vehicles dy for testing by the end of 1978. Many of these experimental electric cars were sented at the International Electric Vehicle Symposium held in Philadelphia last tober. Some are conventional automobiles converted to run with electric power, ile others are all-new cars designed from scratch to take the maximum benefit ssible from their electric propulsion. There is even one car shaped like an aero-namic egg with a single wheel at each end and other wheels on each side.

The president of General Motors has promised that his company will have an elec- car for sale by 1985, and other big auto-makers are sure to follow with their own ctric cars. "The smooth running of the engine, the absence of vibrations and above the simplicity of its controls are features which command the favorable judgment he automobile world," according to pioneering expert E. W. Hart, after his first e in an electric car in 1902. His comments are still right on target for today's electric s. See Auto Suggestions for the latest report on these easy riding vehicles.

Shaped like an aerodynamic egg, the electric car, *below,* seats four, goes for 50 miles at 55 mph. You can order it now. The Yare by TP Laboratories.



GEORGE KUFRIN

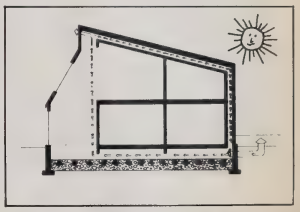
The pollution-free electric car

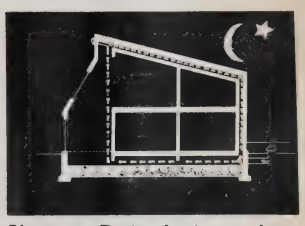
Now, longer range and cheap to run, electric cars are a good answer for short trip, urban use

ENERGY

Envelope architecture is a new way to build a house powered by nature

At this moment, twenty-two houses across America are being built with a totally new concept called envelope architecture. The invention of architect Lee Porter Butler, envelope architecture ensures an energy-producing house that can be 100 percent self-sufficient, needing no back-up fuel-powered system at all. Impossible? "The techniques involved are rooted in classical physics and have been in use for centuries," declares Butler. Fundamental to the system is a thermal envelope around the house proper. It is achieved with



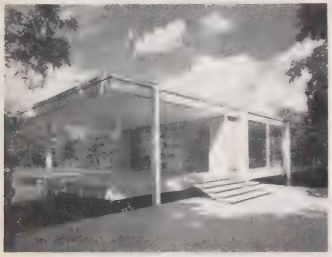


Above, top: **During daytime, cooler, dense air from north side drops, moves under house, forces hot air from greenhouse to rise and exit through roof ventilation or circulate across ceiling space to be cooled again on north side.** ***Below:*** **When there is no solar gain, the air in envelope enters a reverse cycle, picking up warmer temperature from thermal mass.**

an attached greenhouse on the south, and air passages in the roof, the north wall, and under the house, which also has an underground heat storage medium of earth, insulated by urethane. What this construction method does is set up a circulation of air that maintains a pleasant climate inside the house all through the year. Each house built in this way requires its own individual calculations, i.e. size of thermal mass, air passages, greenhouse, etc. Your own architect or builder works with Butler who provides the mathematical data. Reach him at 573 Mission Street, San Francisco, Calif. 94105.

HUMANIZING

By Paul Goldberger



Flat roof, glass walls, and no ornament characterize modern architecture now under attack. Farnsworth house, Illinois, designed by Mies van der Rohe, 1945.



New eclecticism seen in a garden pavilion by Philip Johnson in 1962. Arched colonnades reflect a classical style.



Breakaway house by Robert Venturi built in 1962 represents post-modern architecture. Split gable, arched doorway, asymmetrical windows upset "correct" abstract theory.

This is the post-modern neo-revivalist, neo-Corbusian, neo-historicist, contextualist, radical, eclectic age. At least that's what one would be tempted to call it after reading a lot of current architectural criticism, where all of these terms swarm about like bees in search of honey. They don't always make much sense to professionals, either: Indeed, if there is anything at all to be said about the period through which architecture is passing right now, it is that architects seem as confused about it as anyone else.

But it is not all jargon, and it is not all pointless. I am convinced that there *is* something going on in architecture that makes this period unusual, and it has to do with a lot more than the design of a few esoteric, hard-to-understand houses. There is a major rethinking going on by some of our best architects, a rethinking that, for all its rhetoric, springs from a base of common sense. What is happening is that architects are beginning to realize that many of the precepts of modern architecture that had guided them for so long were, in a way, like the emperor's new clothes—a lot of talk, but not much reality. Was there really a *reason* walls had to have so much glass? Do all houses *have* to have flat roofs? *Must* every wall be entirely lacking in ornament? For years, architects had answered an automatic "yes" to these questions, and now they are beginning to feel a sense of freedom that lets them say "no."

A lot of nonarchitects had been saying no all the while, of course, and that is part of the story. For architects are realizing that the popular voice is not always to be spurned—that sometimes it has something to say, and that perhaps the distance between architects and the general public comes in part from the refusal of architects to do enough listening to what the users of buildings were saying. The modern movement in architecture didn't do too much listening—though it had pretensions to social service, it was really more of a technological and esthetic revolution, a way of making buildings that sprung from the new materials and new building methods of the 20th century, as well as from this century's dissatisfaction with the approach to all the arts which it had inherited from the 19th century. Modernism thrust aside history and threw away most of what had come before—a house or a church or a school should not look like a house or a church or a school of the p the early modern architects, men Walter Gropius, Mies van der Rohe, Le Corbusier, believed. So they desi purist, abstract buildings that w polemics as much as they were lo places for living, and from them evolved great utopian dreams. Come us, come with our new architecture, we will show you a vision of a go future, they said, bearing the revolutio banner high.

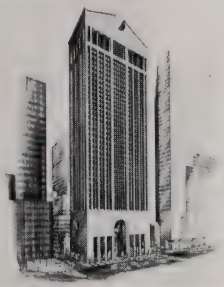
> Modern architects are rethinking mod design. A new awareness of the emotional satisfacti that we need from surroundings is producing exciting new architecture

For a while, nobody much followed by the 1930s and 1940s, technology, nomics, and the demise of old-style cr manship had suddenly made mod architecture viable. It sprouted up ev where—in sleek, metal and glass sch in great concrete industrial building soaring glass skyscrapers. The mid-1 saw the revolution of the early moder won—but what did the victory mean? the good life, for all that the moder had promised, alas—but rather, with a exceptions, a landscape full of dreary and concrete boxes. Instead of cities looked better, we had cities that lo worse: instead of houses that were ri and more full of life, we had houses were sterile and dull. Utopia, it see was not quite what it had been cra up to be.

Now I am generalizing, of course. modern movement not only produced n individual buildings of greatness, it bro much in the way of better living and w ing conditions for many people around world. But as the movement became a new idea and more and more the off style of the age, it took on all of the n tive qualities we associate with any es

BILL HEDRICH, EZRA STOLLER ASSOC., ROLLINS R. LA FRANCE, GIL AMIAGA, ELLIOTT ERWITT, MORLEY LONDON, TOM YEE

THE HOUSE



Doing away with the modern flat roof dictum, Philip Johnson and John Burgee designed the new A.T. & T. corporate headquarters in New York with a fancy Chippendale top.



Sweeping curved façade in a country house designed by Robert Stern in 1976. Painted creamy yellow with terra-cotta trim, it violates the modern code that buildings must be white.



Weathered timber, like beach driftwood, for Sea Ranch, a California seaside condominium, built in 1963 by Moore, Lyndon, Turnbull, Whitaker. Landscape and architecture fuse together, in contrast to the modernist notion of a building as strong abstract sculpture.



Symbolic of our times, Stanley Tigerman's "Hot Dog" house of 1975 brings a bold, witty, metaphoric dimension to contemporary living.



lishment: It became stodgy, cold, uninterested in new ideas. The general public came to view modern architecture as sterile—and finally, a number of architects did, too.

The way the profession turned its ideas around is a story in itself, but let it just be noted here that thanks to the work in the 1950s of Eero Saarinen, Philip Johnson, and Louis Kahn—architects all very different from each other—by the early 1960s, something new was beginning to emerge. Robert Venturi was a leader, and in his book *Complexity and Contradiction in Architecture*, he answered Mies van der Rohe's famous dictum, "Less is more" head on: "Less is a bore," Venturi shot back, and he went on to say, "I like elements which are hybrid rather than 'pure,' compromising rather than 'clean,' distorted rather than 'straightforward'"—in short, the opposite everything modernism had stood for. And Venturi, along with Charles Moore, Romaldo Giurgola, and later Robert Stern, Stanley Tigerman, Michael Graves, and a number of other architects, began to turn these notions into real buildings. Their buildings break away from modernism in three crucial ways: They use elements from historical styles, figuratively if not literally; they use ornament; and they relate closely to their surroundings instead of existing as pure, isolated objects, as so many modern buildings do.

Venturi's first house to achieve reknown, the 1962 house for his mother in Chestnut Hill, Pa., has now become a classic of the so-called "post-modern" style, and it remains as good an example as there is of what that style is after. It is, at first glance, an almost exceedingly primitive house—a big gable, a chimney in the middle, and a wide central doorway. It is almost a child's version of a house, and that is intentional—one of the things Venturi is trying to tell us here is that there is nothing wrong with that image of "house" that we all carry around in our minds, and that the modernists' desire to purge architecture of the little house with the peaked roof and the chimney and the flowerboxes out front and replace it with an abstract box was wrong.

Venturi is not *literally* reproducing the child's image of the house, of course. It doesn't take long to notice the quirks that make this design different—the great split in the gable, the arch in wood over the doorway, the offset central entry. All of these things comment in one way or another on the architecture of the past (the gable makes reference to Blenheim Palace), and in so doing, they take another swipe at modernism, for they remind us that there is nothing wrong with reusing a piece of history that gives one pleasure. Now, the Venturi house, like so many houses of our times, is in part a polemic: It exists to convey a set of ideas as much as to shelter a family's life. But architecture has always done this; the single-family house has always been a laboratory for ideas, a place in which architectural themes are tried out on a small scale. The point with a house like this one is not that it is a vehicle for ideas, but the validity of the ideas themselves.

In Venturi's work, the underlying ideas have a considerable common sense. They do in the work of a number of other architects shaping current directions as well—Charles Moore, for example, whose architecture seeks to integrate the objects of different sorts into a picturesque, almost sensuous, and cluttered whole that is the utter opposite of pure, abstract modern space. Moore is entranced with the idea of objects that have special meaning to the occupant of a house, and he builds a lively, bright, and highly emotion-laden collage around them.

Architects Hardy Holzman Pfeiffer tend to use more modern elements, but like many of the "high tech" interior designers today who use modern, industrial objects, Hardy Holzman Pfeiffer is also interested in the notion of collage, and pulls these things together into a brash, exuberant style that uses modern elements in a free-wheeling and picturesque manner altogether opposite from the way the modernists intended. Robert Stern's work is more well-mannered, and tends to mix different aspects of historical allusion—one of his houses joins influences as diverse as Frank Lloyd Wright and Italian Baroque villas, all given a Stern-esque veneer of warm, soft color.

All of these architects are moving away from the orthodoxy of modernism in one way or another, and there are others—Richard Meier, who reinterprets 1920s modernism in a way that is so personal and picturesque that it might almost be called a historical revival of that style; Allan Greenberg and John Barrington Bayley, who are using classical forms so literally that it is fair to call their work a real revival,

Continued on page 148

IDEAS

new designs to give your bathroom

style

ve terrific
throoms
ll of ideas,
us
new products
enjoy
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WILLIAM P. STEELE

light-filled bath
site page: An antique
shower and curtain
op an extra-deep tiled
the Clancy Dupépé's
Clear shower curtains
a treetop view. Archi-
A.G. Lyons. Designer,
Jackson.

er power
e, from top: Porcelain
rass hand shower and
. Bright red shower
Both, Fearless Fau-
Chrome and acrylic
r, Alsons. Shopping
nation, page 151.

E KAREN RADKAI



Tiles, tiles everywhere enlarge a tiny space
Right: This 5-by-7-foot bathroom seems much larger, lined with tiles and their reflections. The shower window, *right,* disappears behind a hinged mirrored pane. Mirrors hung face to face, on wall and cabinet doors, *far right,* expand the room. Tile-faced cabinets match the walls. Valerian Rybar design. American Olean tile.



WILLIAM P. STEELE

Bath in a garden
Left: The outdoors becomes part of the bath, separated by a glass wall near the sunken tub. Marble-topped dressing tables line each of the walls, topped by mirrors that reflect each other to give an unending feeling of space. Designed by Michael deSantis.



Good wood
Left: Good design makes everyday things a pleasure, like these smooth polished pine pegs, shelves, and holders. They're polyurethane-coated, to protect against water, scratches, and cracks. Imported from England. At Conran's.



Thirties accent
Right: Molded plastic beehive containers in 4 shapes, 7 colors. At Bloomingdale's.

Baths that bring the outdoors in, woodsy to modern accessories



ELYSE LEWIN

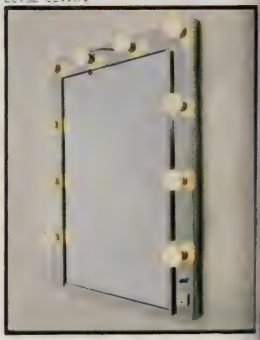
Greenhouse bath
Above: This brick-floored bath is more like a patio brought indoors in designer Lee Poll's house. Greenhouse windows side by side pamper flowers and trees. Rough-hewn cedar walls surround the claw-foot tub bordered with oak. Plants, Mark Hite.



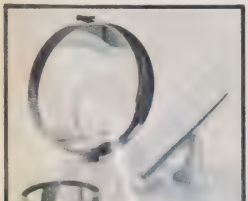


Do-it-yourself shower stall
Above: For that "extra shower" indoors or out, build a weatherproof freestanding circular shower that comes in a kit. Everything's included—fittings to curtain. All you add is basic plumbing. By Swan.

A shower stall kit, a silvery sink, marvelous makeup mirrors



Your face in lights
Above: Chrome-edged mirror lit with theatrical bulbs just like the professional ones. At Hammacher Schlemmer.



Mirror, mirror
Above: Swiveling wall mirrors; stick-on mirrors to magnify the subject. At Bloomingdale's.



Shimmer and shine
Left: Platinum-leafed basin in steel and marble. From Paul Associates.



Not for bathrooms only
Above: Double-duty nylon holders and hooks. Paper holder can be a towel ring, towel bar a door handle; hooks go anywhere. From The Ironmonger.

Sculptural bath
Below: Geometric sink and tub in angled marble-like platforms. François Catroux design by Bathworks, for the Cancer Care benefit at Crispo Gallery. DuPont Corian surfaces.



HORST

k new hardware, a bath thermometer, the
otured tub, and the newest way to weigh



Sisal scrubbers, a steel-based sink
Above: Rev up circulation with a crocheted massage mitt or arm's-length bath strap. At Bloomingdale's. *Below:* China sink on a stainless steel pedestal. From Hastings Tile & Il Bagno Collection.



What's your handle?
Below: Sculptural pulls and fittings of mirrored chrome in geometric shapes. By Sherle Wagner.

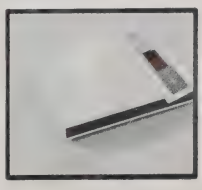


Take your tub's temperature
Below: Old-fashioned brass and glass bath thermometer replaces hesitant toe-testing. At Hammacher Schlemmer.



Bathe in a whirl
Above: Whirlpool tub with master control console. By Jacuzzi.

Digital readout scale
Below: Electronic scale weighs in kilos or pounds, activates with a touch of the toe. Step down, and it turns off. At Hammacher Schlemmer.





Background tiles shown on these pages: 8-inch tiles, Country Floors. 2-inch tiles, American Olean Tile. Shopping information, page 151.

Hidden beauty
Right: Compact rolling vanity with pop-up mirror top reveals storage beneath. There's more storage hidden in the swing-out chair, under a padded cushion. At Hammacher Schlemmer.

IDEA!

Change

paces with moving walls



IDEA!

Change spaces with moving walls





Moving panels split living-dining room into two or three intimate rooms

Above: With panels pushed aside, the living and dining areas with pass-through to kitchen become one large space, great for parties, which in summer can extend out onto the open court. *Right:* With panels closed, the dining area becomes a separate room, enclosing the country French table surrounded by American ladder-back chairs.

Tatami sofas fuse to form a raised, enclosed tatami room

Opposite page above: Tatami platforms pulled apart and topped with pillows serve as sofas. *Opposite page below:* Pushed together and with panels closed, they form a continuous tatami room in the new intimate space







In each room, sliding glass doors open to a central courtyard that unites the three-part house

"Life changes, we change, and our spaces must change with us," says Sheila Isham, whose views were very much influenced by the years she and her husband lived in the East. Architect Charles Moore, whom Heyward Isham says "is gifted with an almost mystical ability to interpret his clients' dreams," designed the potential for change right into their house. The house changes with the shift of light and seasons that enter through the windows and sliding glass doors from the fields and central court. Infinitely adaptable, the three units enable everyone to create his own space, enclosing the court that draws the house and its inhabitants together. And most important, the spaces themselves change. In the main house, wall-height panels—an idea Mrs. Isham developed with the architects—move on tracks to stack along the wall of the entrance hall or to close off sections of the living and dining areas and master bedroom. In a corner of the living room, tatami mats are given American mobility on seating platforms that can slide together or apart.

NORMAN MCGRATH

IDEA!

Change spaces with moving walls





Platform bed b level with the gives a bonanz of storage spac hidden below

The master bedroom/bath, *above*, celebrates everyday events —bathing, sleeping, and the return of the morning light. Set in a separate wing of the main house, it's a private place. Yet it's open to the outside with wide windows that follow the horizontal plane of the fields. The bed is high to take advantage of the view, and the window alongside the bath is dropped low to bring the outdoors close to the bather. At the foot of the bath, sliding glass doors open to the small Japanese court, a reminder of a special time in the Ishams' lives—their years in the East. More plants surrounding the tiled tub give it the tranquility of a garden pool. There are other private places in this village of a house, all sharing the central court, *bottom, left*. The self-sufficient guest house, *bottom, right*, has two levels: a bedroom and living room on the ground floor and a balcony with bedroom above. A highly adaptable space, the guest house is comfortable for a family, and with tatami mats from the banquettes lined up on the floor, the main room can become a dormitory.





LONDON

For the rituals of cleanliness and rest, a combined bedroom-bath

Above: Hand-painted tiles frame the bath.

Right: Height, windows, and uncluttered furniture give expansive space to the small, easy-upkeep guest house. Mark Simon was project architect. For building facts, please turn to page 192.

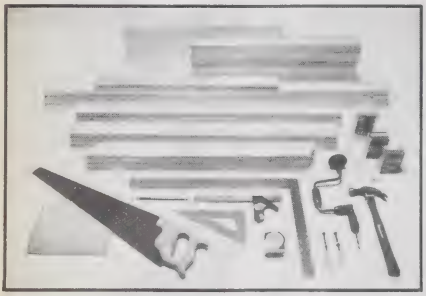
Guesthouse converts to dormitory with the rearrangement of tatamis

Opposite page, below: Arch between main house and studio announces the transition from fields planted with tall grass and wild flowers to the inside court outlined in railroad ties by landscape architect, Lester Collins.



FURNITURE CRAFT

D.I.Y.*



All you need: 40 pieces of wood, hardware, tools







Wing nut for flexibility

Above: Table as de
Opposite page, t
Painted white for d
ing with Stamberg-
signed go-anywh
chairs (see H&G, J
uary '79). Plates
Fitz & Floyd at Bloo
ingdale's. Garden
Tom & Jerry Ent
prises Inc.

THE DO-IT-ALL TABLE

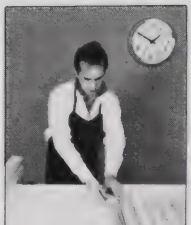
This is the table you've always dreamed of owning. It's a full-size dining table, 60 inches long by 30 inches wide, comfortable enough for six people. But it's incredibly maneuverable. The top comes off instantly, the base folds flat, and the two pieces can be stored—in a closet, under the bed. As if this weren't marvelous enough (imagine the pleasure of moving or changing room arrangements), this piece of furniture performs alternatively as a coffee table. By turning the x-shape base on its side, the table can be assembled quickly at a second height, 10 inches below the dining table level. This ingenious design worked out by Peter Stamberg is an easy project. To make it you need 38 pieces of 1-by-3-inch lumber, 2 pieces of 1-by-2-inch lumber, plus 2 carriage bolts, 2 wing nuts, and 4 washers. Total cost: approximately $40 if you build it with #2 pine, and do your own sawing. (Wood prices vary across the country.) Figure on 4 hours to hammer and glue it all together. For step-by-step instructions, list of materials and equipment, and shopping information, see Contents page. Next month, watch for Peter Stamberg's do-it-yourself modular, multifunctional seats.













Above: See how d
level height works.
Left: Designer St
berg on the job.
Opposite page b
tom: Coffee ta
height between
sofas. Thomas Sto
painting at Betty F
sons Gallery. St
carpet. Room
Ned Marshall a
Harry Schule for N
York caterer Corn
Minges.

With $40 worth of wood and hardware, and easy-to-use tools, you can build an adjustable-height table in just 4 hours

*Do It Yourself

28-inch seating height for dining or projects



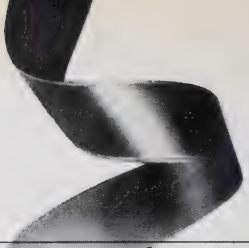
WILLIAM P. STEELE

Lower it to 18 inches, and it's a capable coffee table



NEEDLE CRAFT

D.I.Y.*



Opposite page, top: At a bedroom window, curtains on a rod slipped through a yarn-stitched casing. All rooms by Mario Buatta. *Left:* Satin ribbon for old-fashioned woven stripes.

DECORATING TO KNIT YOURSELF
CURTAINS, BED COVER, & THROW

Here's the newest decorating needlecraft —lace-like curtains, a soft bed cover, or a cozy throw, each to knit from a kit. Kits contain all the materials you need, and the knitting is easy. Basic garter stitches are separated by long-length stitches you can weave a ribbon through. Lacy knitwork gives a room inviting handmade charm: The bed cover looks pretty over a pastel blanket, the throw is perfect for chilly evenings, and see how fresh the curtains look filtering sunlight. (The curtains have a built-in bonus: They act as woolly insulators to keep drafts outside where they belong.) Kit designed by Rusty Quaintance at Alice Maynard. Shopping information, page 151.

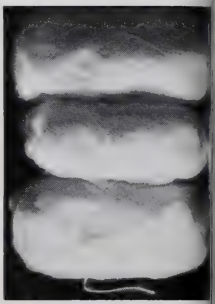
What's in the kit

- Skeins of white acrylic/wool/mohair yarn. Number of skeins will vary according to the size you specify.
- One size 15 circular needle.
- Complete instructions, calculated to your measurements.

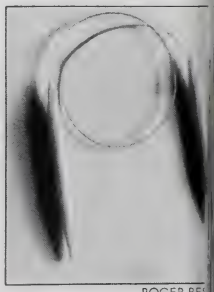
Method

- Cast on stitches. The number will vary according to the window width.
- Work in pattern as follows: Garter stitch (knit every row, do not join rounds). Openwork row (wind yarn around right needle twice. On following row, knit through only one loop).
- To make a **bed cover or throw,** knit 16 rows in garter stitch, followed by an openwork row. Continue this sequence until worked to desired length. Bind off.
- When making **curtains,** compensate for the weight of the panels (which lengthens the lower rows) by decreasing the number of rows of garter stitching as the length of the curtain increases. Knit 16 rows in garter stitch, followed by an openwork row. Repeat 3 times. Knit 14 rows of garter stitch, then openwork. Repeat 3 times. Knit 12 rows, then openwork. Repeat 3 times. Continue decreasing by two rows every three times to desired length. Bind off.
- For a touch of color, weave ribbon in and out of the openwork.

Below: Machine washab yarn by William Unger.



Below: Circular needle kee extra-wide project in har

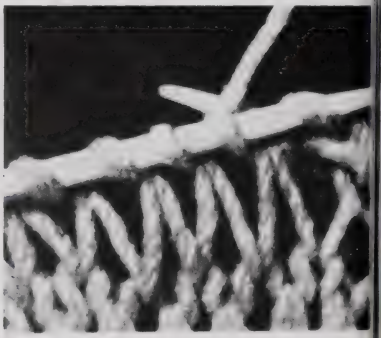


ROGER BE

Left: Beribboned bed cover. *Opposite page, below:* Delicate throw to soften a sofa.



Bed cover to create a handmade look



Above: Easy openwork stitch—wrap yarn twice, drop one loop next row.

Lacy light-diffusing curtains to soften a window



WILLIAM P. STEELE

Snuggly ribbon-woven throw to wrap up in

SUSAN WOOD



It tastes like real peppermint. Naturally. Because it's Leroux.



Leroux Peppermint Schnapps straight up, on the rocks, or in a Schnapps Stinger—Mix 1 oz. Leroux Peppermint Schnapps, 2 oz. Leroux Deluxe Brandy. Shake with ice.

You'll taste the crisp cool flavor of fresh mint in every sip of Leroux Peppermint Schnapps. That's because only the best mint is good enough for Leroux. Only the finest of natural flavors and true fruit ingredients go into Leroux International Liqueurs. Once you've tasted Leroux, no other liqueurs will do.

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MEAL IN MINUTES

MENU
Savory chopped beef
Broccoli purée
Arugula salad
Cherry clafouti

Dinner for a busy family or for compa after work doesn't have to be rushed routine—sauce lean ground beef w wine, add a sour-cream tang to brocc bake black cherries in a puffy cinnam batter, and you have a special mer completed in 45 minutes. Fayal Gree author of *The Food Processor Co book* (Popular Library), created th recipes and suggests first sprinkling cherries for dessert with the kirsch, si they should sit 15 minutes. Then mix t clafouti batter, set it aside, and start broccoli. While it steams, prepare salad. If you chop your own meat i food processor, results are better if beef is partially frozen. Mix up the b patties, put them on the stove, and ch the broccoli—when it is hot through still bright green, remove from the h and drain. Leave it covered in the p though. Just before puréeing the br coli, pour the clafouti batter over cherries and put the dish in the ov Turn the patties and, as they cook a m ute or two more, process the broc with the sour cream—if you don't h a food processor, simply pour the cre over the broccoli in a serving dish. K the beef patties warm on a platter, up the wine sauce to pour over th and serve. When you have finished y main course, the clafouti will be bro and puffed—sprinkle with sugar serve hot.

Savory chopped beef

INGREDIENTS
1½ pounds lean beef
3 scallions, including as much green a possible, cut in 1-inch lengths
1 tablespoon butter
1 teaspoon tarragon, crumbled
1 teaspoon Worcestershire sauce
½ cup red wine
Salt

Continued on page

Opposite page: Seasonal vegetables cut into *thin* crescents plus tiny Japanese enok mushrooms to sauté quickly in walnut oil as Seppi Renggli, of New York's Four Seasons restauran does. Glossy black buffet-sized plate from Groundworks. Fabrics by Marimekko. For recipes, see page 138. Shopping information, page 151.

WINE & FOOD



Vegetable Power

Exciting cuts and combinations, new cooking techniques, vegetable calories and nutrition guide, plus tools and easy how-to's

IAN WOOD


Save the best 'til last.
EXTRA SHARP
Cracker Barrel
BRAND
NATURAL CHEDDAR CHEESE
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Aged patiently and lovingly, Cracker Barrel cheese brings its deep, rich tanginess as a gift of flavor to complement sweet, juicy apples, and delicate flaky crust. Cracker Barrel natural cheddar cheese. Another reason America spells cheese KRAFT.
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This month in Wine & Food:

Vegetable facts, tips, and recipes; two great cooks create with vegetables; plus a sipper's guide to smooth spirits

Vegetable Power

: more in your life!
re are nine pages of how
f why: basic techniques
s serving ideas to make it
y to put vegetables
the table often and fast.

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ier to set the color and
or, as of vegetables before
ezing or before sautéeing
utter, a classic French
nnique to loosen the skin,
f tomatoes or peaches,
o remove excess salt,
f bacon."

boiling: "To put foods
efly into boiling water
il they are only partially cooked, a technique very similar to blanching. Parboiled foods are usually combined with other foods and then cooked a second time until done." *Funk & Wagnalls Cook's and Diner's Dictionary*

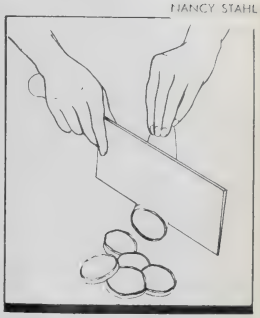
Blanching and parboiling as terms are used interchangeably. Usually the cooking water will be well salted to preserve the vegetables' color. However, if you want to use the cooking liquid for another purpose, go easy on the salt or leave it out.

It is best to have a bowl or sinkful of ice water ready into which to plunge the blanched vegetables immediately after draining. The cold water sets the color and stops the cooking fast, so vegetables will not overcook.

Twice a week, buy several pounds of green beans, broccoli, or any seasonal vegetable that looks crisp and fresh. If green beans, trim just the stem end (the tip has a higher concentration of vitamins, so keep it on). Slant-cut broccoli and blanch stems separately from flowerets. If you have no time, don't even wash

Continued on next page

NANCY STAHL



Slant-cut: *Hold knife at a 45° angle to item and cut to desired thickness depending on density of vegetable.*

What's in a vegetable?

Vegetables are good sources of many vitamins and minerals, especially potassium, Vitamins A and C. For complete nutrient composition information, see *Nutritive Value of American Foods in Common Units* by Catherine F. Adams, Agriculture Handbook No. 456, Agriculture Research Service, USDA from which these figures are excerpted. Calorie and nutrition contents are approximations—they vary with the conditions under which the foods are grown, how they are stored, how old they are once the consumer purchases them, and, finally, how they are cooked. Vitamin C is water soluble; vitamin A is fat soluble. Both can be lost through oxidation and heat. To prevent vitamin loss, refrigerate vegetables in plastic and fresh juices covered. Cook in very little water and save that water for other uses. Values are for 1 cup cooked food unless otherwise indicated.

FOOD	CALORIES	PROTEIN (g)	CARB. (g)	POTASS. (mg)	VITAMIN A (Intnt'l units)	ASCORBIC ACID (mg)
ASPARAGUS (4 SPEARS)	12	1.3	2.2	110	540	16
BEANS (SNAP)	31	2.0	6.8	189	680	15
BEAN CURD (TOFU) 1 SQUARE	86	9.4	2.9	50	—	—
BEETS	54	1.9	12.2	354	30	10
BROCCOLI	40	4.8	7.0	414	3,880	140
BRUSSELS SPROUTS	56	6.5	9.9	423	810	135
CABBAGE	29	1.6	6.2	236	190	48
SPOON CABBAGE (PAK CHOY)	24	2.4	4.1	364	5,270	26
CARROTS	48	1.4	11	344	16,280	9
CAULIFLOWER	28	2.9	5.1	295	60	78
CELERY	21	1.2	4.7	359	390	9
CUCUMBERS (RAW)	16	.9	3.6	168	260	12
EGGPLANT	38	2.0	8.2	300	20	6
KALE	43	5.0	6.7	243	9,130	102
ROMAINE LETTUCE (RAW)	10	.7	1.9	145	1,050	10
MUSHROOMS (RAW)	20	1.9	3.1	290	—	2
PEAS	114	8.6	19.4	314	860	32
SWEET PEPPERS (RAW)	22	1.2	4.8	213	420	128
POTATOES	118	3.3	26.5	631	—	25
SOYBEAN SPROUTS (RAW)	48	6.5	5.6	—	80	14
SPINACH	41	5.4	6.5	583	14,580	50
SWEET POTATOES	291	4.3	67.1	620	20,150	43
TOMATOES (1 LARGE, RAW)	39	1.9	8.3	429	1,580	40
TURNIPS	36	1.2	7.6	291	—	34
TURNIP GREENS	29	3.2	5.2	—	9,140	100
ZUCCHINI	22	1.8	4.5	254	540	16

the vegetables, just blanch several minutes, spin dry, bag, and refrigerate. They are ready to toss into salads, for crudités, to sauté with olive oil and garlic or shallots and butter, or stir-fry with oyster sauce, garlic, and ginger. If vegetables are washed before blanching, save the cooking water for cooking rice, giving it extra flavor and saving the vitamins lost in the water. *Karen Lee, New York Chinese cooking teacher*

Steaming: It's as easy as blanching, can be done in just about any kind of pot including your beat-up colander set in your pasta pot, (see a selection of steamers, page 135), and it helps preserve vitamin content, as the vegetables are not in the cooking water. Save the water, however, to add to soups and stews as some exchange does take place.

"Steam-blanch vegetables by cooking them a few minutes less than your recipe calls for. Treat them the same as conventionally steamed vegetables.

"When steaming two or more vegetables at the same time, place those that must cook the longest in the bottom steamer level. You can add more levels at later times for those that require less cooking. Place whole potatoes on the bottom to cook 30 minutes. After 8 minutes, add green beans on the second level to cook 17. Add tiny white onions to third level for the last 10 minutes.

"The Oriental aluminum variation on the bamboo steamer is fast, efficient, and, with its tightly fitting domed lid, is very good when steaming chicken or any meat over 3 inches high, or when using a large bowl.

"A rule of thumb—make the steaming liquid far stronger than you would if the foods were boiling in it, for the flavor will be gently imparted to the steaming foods. Therefore, the steam stock can be sharper, tarter, more vinegary, saltier, more heavily garlicked." *"No Pressure Steam Cooking" by Robert W. Zinkhon (Taylor & Ng)*

Microwaving frozen vegetables: "The water inside the food does the cooking, so do not add more water when cooking frozen vegetables. Defrost the package of vegetables on 50 percent power. Drain and remove any ice crystals left. Arrange in microwave-proof serving dish, cover with lid or plastic wrap, and cook on 100 percent power about 6 minutes or less per pound. Do not add salt and cook 80 percent only in the oven, 20 percent residual cooking takes place during standing time.

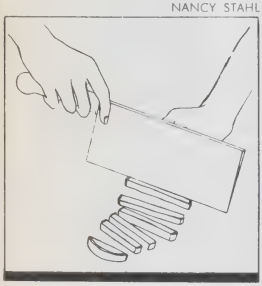
"When cooking vegetables with thick bottoms and porous tops like broccoli spears and asparagus, place them in the cooking dish with tips at the center.

"Porous vegetables and ones with high water content take less time to cook than the denser ones—for example, cauliflower and lima beans. *The California Frozen Vegetable Council. For details and charts, write the council at 1838 El Camino Real, Room 202, Burlingame, Calif. 94010*

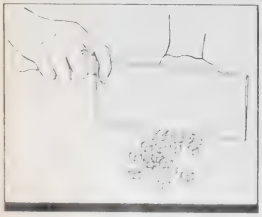
Campfire vegetables: Green peppers and eggplant can go right on the grill. Or straight on a gas burner at home. Prick with a knife or fork to let steam escape. Once blackened all

Continued on page 131

NANCY STAHL



Julienne: *Cut vegetable into thin slices about 2½ inches long. Stack a few slices and cut lengthwise into strips. The thinner the slices and the thinner the second cuts, the finer the julienne.*



Dice: *Just one step more than julienne—arrange the strips in a neat pile and cut straight across into cubes. For larger dice, cut thicker slices to begin and cut thicker for all steps. Smaller, thinner slices give small dice.*



SUSAN WOOD

Zucchini with pesto; eggplant, zucchini, tomato gratin; and other inventions by Seppi Renggli, who speed sautés and steams for flavor and texture

Constant experimentation with a variety of vegetables—"I just tried chayote (a Mexican squash) with citrus butter"—demonstrates Seppi Renggli's interest in Chinese, Japanese, and Mexican cooking plus his classic chef's training in Europe. As chef of The Four Seasons, one of New York's great restaurants, he borrows techniques from other cuisines, such as stir-frying, then adapts them: His vegetables cook over moderate instead of high heat in butter or olive oil or both. "The butter must never even brown." The tools are simple ones—a mandoline for long slender julienne, a sharp knife for slant and crescent cuts. To julienne snow peas, stack a few and cut lengthwise. "It you can't recognize a vegetable in one of my combinations, it is probably peeled and thinly sliced broccoli stems!"

Braised romaine and leek: Cooked lettuce is delicious and inside-out leek shape catches and holds sauces.



Crisp vegetables: Cut into paper-thin crescents; sauté mixed vegetables in equal parts olive oil and butter. Season with salt, pepper, and fresh herbs. Additional choices—cherry tomatoes, kohlrabi, mushrooms, bean sprouts, snow peas, turnip,

Vegetable Power

Quick-



AVIU MARSEY

rsnips, broccoli stems.
iental vegetables: Cook
con strips cut in 2-inch
ces. Reserve, pour off all
t 2 tablespoons fat. Sauté
getables in fat a few
nutes. Season with soy
ice and lemon juice. Toss,
rnish with bacon.

Raw vegetable julienne: A crunchy salad to serve with mayonnaise.
Zucchini with pesto:* Pesto with a new teammate—vegetables!
Cabbage slaw: Angel's-hair-fine shreds of red and green cabbage.

Diced, sautéed vegetables: Blanch vegetables together in boiling, salted water 1 minute. Refresh. Sauté in butter and olive oil 2 minutes. Season with salt, pepper, parsley, chervil.
Eggplant, zucchini, tomato gratin:* Vegetables are given a light sprinkling of herbed crumbs, then baked.
Slivered vegetables:* Butter, a large skillet, and 2 minutes are all you need to cook them.
Steamed vegetable platter:* Sauce of olive oil fragrant with herbs gives a new taste.

*Recipes, page 138.

ook combinations

Quick-cook combinations

Five-vegetable julienne: Pick any 5 vegetables that take well to julienne, like red pepper, yellow squash, parsnip, zucchini, carrot. Heat equal amounts butter and good-quality virgin olive oil in a heavy skillet over moderate heat. Toss in julienned vegetables and cook just 2-3 minutes, until crisp but cooked. Add salt and pepper and serve.

Bar Room slaw:* A tumble of vegetables—red and green cabbage shredded hair-fine—outlined by thinly sliced tomatoes, cucumbers, a reef of watercress, julienned peppers on pallets of endive and romaine—to serve with mayonnaise.

Zucchini and spaghetti with pesto:* Everything's **al dente**—the zucchini julienne, the pasta, and sweet green and red peppers which are peeled before being quickly sautéed.

Tomato, red onion salad: Thickly sliced, ripe garden tomatoes and red onions with a vinaigrette of Dijon mustard, sherry vinegar, olive oil, salt, pepper, and big leaves of fragrant basil.

Sautéed green beans and shallots: Unless the beans are very young and tender, blanch them in boiling, salted water 2 minutes. Drain, and refresh in ice water. Slice shallots very fine and brown in butter until *completely* crisp and brown all over. Sauté beans in butter 2 minutes over moderate heat. Season with salt, pepper, nutmeg. Sprinkle with shallots.

Mille-feuilles of puréed vegetables:* Carrot, broccoli, and parsnip purées layered between flaky sheets of puff pastry to serve with a sauce packed with shallots, mushrooms, and parsley.

Asparagus Chinoise:* Slant-cut asparagus sautéed in butter and quickly sauced with soy and lemon.

Slivered vegetables in stripes: Sauté each vegetable in half butter, half olive oil, season with salt, pepper. Use 2 pans; as each vegetable is done (none more than 2-3 minutes), arrange in a heated serving dish. Splash snow peas with soy sauce. Grate nutmeg on kohlrabi, squeeze lemon on turnips, add garlic to sweet peppers, dill to carrots, marjoram to yellow squash.

Juliennes plus chervil: Vegetable shreds in free-association seasonal combinations to sauté in minutes.

*Recipes, page 138.



Five-vegetable julienne Susan Wood



Bar Room slaw



Tomato, red onion salad



Sautéed green beans and shallots



Asparagus Chinoise





ucchini and spaghetti with pesto



Tille-feuilles of puréed vegetables



Mounds of

VEGETABLE BASICS

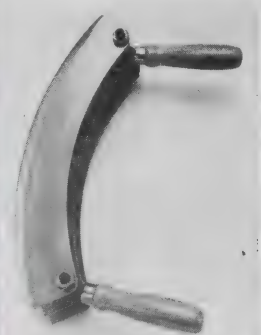


Roll oblique cut: *Basically a slant-cut, but between each cut roll the item 90°. The pieces will be 3-sided; they cook faster and absorb more flavor. Use for zucchini, carrots.*

NANCY STAHL



Double chopping: *Gives uniformity of scale to size of chop as well as making the work go twice as fast. Knives chop left-right, left-right, faster and faster. Good for large leafy things as well as mincing garlic and ginger.*



Three-bladed mezzaluna: *Two-handed method for chopping and mincing. Once you get the rocking rhythm going, the work goes very fast.*

Thermo Pin Potato Baker: *Skewer potatoes on pins which conduct heat into their centers, allowing them to bake in 25-30 minutes.*

over, pop in paper bag and close it tightly. The steam will loosen the charred skin so that it slips off easily. Dress with olive oil for salads or purée eggplant for dips like the Lebanese baba ghanoush. Cut other vegetables in pieces, season to taste with herbs, butter, olive oil, salt and pepper and wrap in foil to place on the grill. Turn packages occasionally so vegetables cook evenly. It's a very easy "ratatouille" and one that can be infinitely varied.

Deep frying vegetables: Homemade potato chips are unbeatable. Slice raw potatoes very fine on a mandoline or in a food processor. Deep fry a few at a time in hot oil. Drain well and sprinkle with salt. *Waring*

An Italian specialty, fried zucchini or eggplant, is also delicious and very easy. Julienne the vegetables, dip in water, shake well, dip in flour, and shake off excess. Fry in very hot oil a few minutes until crisp. Sprinkled with coarse salt, they are addictive! *Pirandello Restaurant, New York*

Quick tips and recipes: Purée canned okra and freeze in an ice cream freezer to serve with a tomato sauce.

Purée canned tomatoes and freeze in ice cream freezer to serve with a curried mayonnaise. *Genevieve di San Faustino*

Continued on next page

THORPE





Left to right: *3 high-carbon steel paring knives; 1 4½-inch utility knife; zucchini corer; cleaver; mushroom brush; easy cleaning garlic press; asparagus peeler that has an adjustable blade; potato peeler fork; multi-use Crazy knife; and 2 vegetable peelers.*

VEGETABLE BASICS

Remember cabbage—cabbage is a more stable source of vitamin C than most leafy vegetables. Keep in the vegetable crisper of the refrigerator where the humidity is high (as you should most vegetables).

If the amount of water used in cooking cabbage equals about ⅓ the amount of cabbage, 90 percent of the vitamin C will be retained. If 4 times as much water as cabbage is used, vitamin C retention drops to less than 50 percent.

Boiling root and tuber vegetables like carrots, sweet potatoes, and white potatoes in their skins retains more vitamins and minerals than cooking them pared and cut. *USDA*

Make an endive gratin with creamy Roquefort cheese. *Roquefort Cheese Assn.*

Pour boiling water over watercress, 1 whole trimmed bunch per person. Squeeze dry, toss with butter, lemon juice, salt, pepper, and serve.

Nika Hazelton, food writer

Continued on page 135



Seal-A-Meal II: *Seals foods in boilable pouches. Perfect for freezing blanched vegetables or storing leftovers.* **Vacuum pump:** *Removes air from bags to eliminate freezer burn and maintain quality during storage.*



Mandoline: *Stainless steel with two blades for julienne, shredding, slicing.*



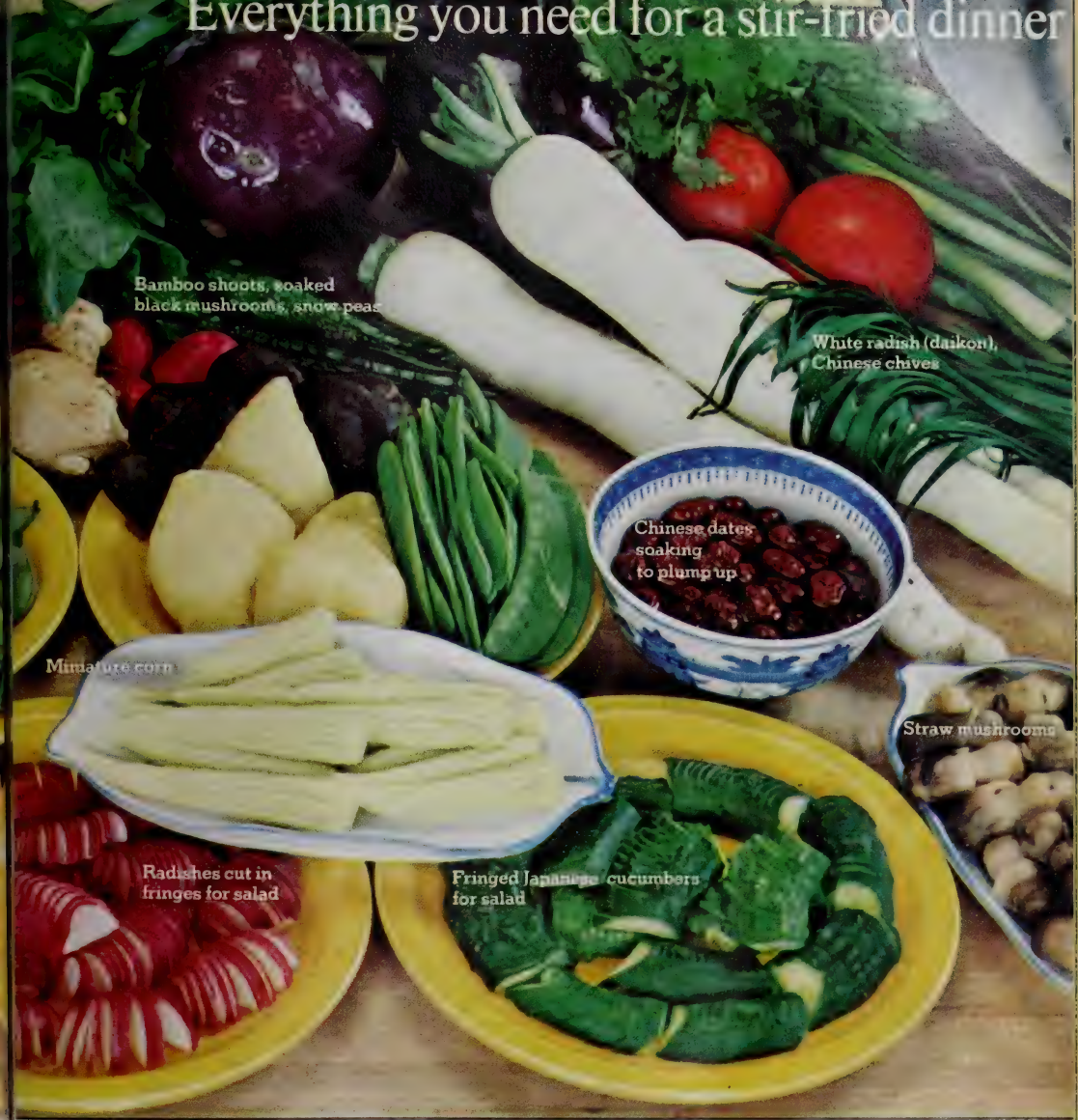


A complete meal of vegetables from Mme. Cecilia Chiang, whose techniques can make you a master of vegetable cooking

Rediscover the wealth of color, texture, and flavor in vegetables with an 11-dish feast! Mme Cecilia Chiang, *above*, owner of the famed Mandarin restaurants in San Francisco and Beverly Hills and author of *The Mandarin Way* (Atlantic—Little, Brown), uses the ingredients at right to create a modern version of The Monks' Banquet, a Chinese tradition dating from the T'ang dynasty. According to religious rule, Buddhists eat a vegetable diet twice each month and for the whole period of the sixth moon (July) to cleanse the soul and purify the body. During the hottest time of the year, the foods eaten should be "cold" in character—the Chinese include celery, lettuce, cucumbers, mustard greens, chives, and white turnips in that category. Carrots, spinach, and cabbage are all "hot". The choice of food, to achieve a harmonious balance, corresponds with an individual's metabolism and health—for a fever, tradition prescribes cucumbers or celery. Combinations of ingredients follow time-tested rules as well, says Mme Chiang. "Just as Americans eat turkey with cranberry sauce, we have lamb with turnips, carrots naturally accompany beef, and pork dishes call for bamboo shoots." Mme Chiang brought all these traditions with her from Shanghai and Peking to introduce an "old-new" cuisine, from northern China, first in a restaurant in Tokyo, then in San Francisco. Amo her favorite vegetable dishes are stir-fried Chinese cabba and Chinese chives, sometimes mixed with pork fill dumplings. She finds the simplest cooking techniques like ch'aoing (stir-frying) a steaming keep the vegetable as close as possible to their

Vegetable Power

Chinese cook



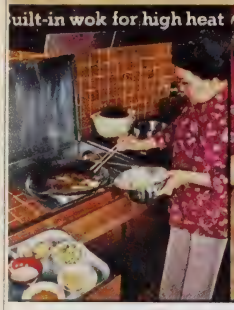
RUSSELL MACMASTERS

ginal color, texture, l flavor. With so many redients available r-round, you experiment to find your n favorites. Look for bok oy, white turnips, fava ns, and cilantro fresh in market; snow peas fresh rozen, bean curd fresh or canned; try sprouting your own mung beans; find bamboo shoots, baby corn, gingko nuts, Chinese dates, all canned; wood ear and black mushrooms dried; or order by mail (see page 147). Some of Mme Chiang's cooking hints: Cottonseed oil stays light and clear in cooking, is low in calories. A few drops of sesame seed oil sprinkled on dishes before serving lend an appetizing shine and flavor. Be sure to scatter your oil around the sides of the wok to prevent food sticking. When ch'aoing, try not to cover the wok—lifting a cover up often can change vegetable colors, and steam condenses, letting water drop into the wok. Always dry a wok thoroughly; even better, season wok between uses with a light coating of oil. With the wok, use chopsticks! Classic bamboo, the best for cooking, can stir, lift, strain, and test noodles.

ng for health



Soup and salad first cours



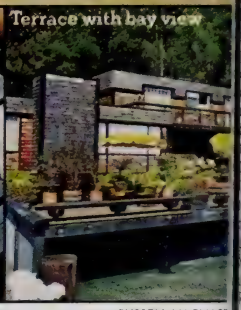
uilt-in wok for high heat



Dumplings ready to steam



Spicy Chinese breakfast



Terrace with bay view

RUSSELL MACMAST

Chinese cooking

The fan-like fringed radishes and cucumbers, spicy slivered vegetable salads, and bean curd and spinach soup, *above*, are the picturesque beginning to the Monks' Banquet and can all be made ahead. Six main dishes follow, all ch'aoed in Mme. Chiang's built-in wok. Designed by Bob Vick in San Francisco, the special unit has a Chinese gas jet for the extra high heat needed to turn out tender-crisp vegetables—helps retain vitamins and keeps colors bright, too. Since Mme. Chiang sets all the dishes on the table at once, timing is crucial—the condiment tray to her left holds hot pepper slivers, soy sauce, whole and julienned ginger, chopped scallions, hot sauce, chopped marinated Chinese root, and liquid cornstarch at the ready. The tray fits on top of an open drawer, slides back into the refrigerator later. Behind her, a butcherblock-topped work island is fitted with a double sink; pots and pans hang above it, within arm's reach. The conveniently small space, which Mme. Chiang redesigned with the help of architects Lun and Eva Chan, feels twice the size when louvered doors on both sides are opened onto dining and family rooms. Just beyond, a step-down terrace on Richardson Bay facing Sausalito is a bright setting for breakfast with Mme. Chiang's frequent house guests. "In the morning, you want something very light, very tasty to wake up your palate," she says. Her typical Chinese breakfast starts with lots of hot tea—the rest, served in antique porcelain dishes on a lacquer tray or in traditional small stacking jars, is cold: "congee," a long-cooked "cream" of rice, served with bits of dried fish or sliced sausage; pickled turnip slices with kelp slivers; aged bean curd; an antique egg in soy sauce; sometimes eggs steamed to a fluff in the wok. The wok is also a pot for boiling noodles, simmering soups, a pastry steamer, for meat and vegetable filled dumplings, a deep fat fryer—try the dumplings fried, or slip in slices of flour-dusted eggplant as a crispy hors d'oeuvre. Recipes, page 143.

EGETABLE BASICS

he rich-tasting artichoke, member of the nflower family, has only)-60 calories per 1 large id. In cooler months, winter-kissed" artichokes ppear—their bronze os are caused by light frosts, t the vegetable is mature nd flavorful. *Artichoke dvisory Board*

ook carrots cut in atchsticks, diced, or iced in a heavy covered ucepan with a few blespoons sweet butter er *very low* heat until nder. The water in e carrots will be released steam them naturally. ery good with roast icken, veal, or any roast eat. *Richard Grausman, aris Cordon Bleu presentative in the U.S.*

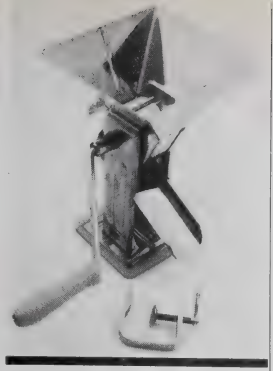
row a new and incredibly elicious vegetable—Sugar Snap" green peas. hey *are* different; you can t the pod which is isp, sweet, and not at all ringy. No more shelling ecessary. They are so elightful it seems a shame cook them, but you can you would regular veet peas. Consult seed talogues of major ed companies to order.

ed Spanish or large yellow ions are best for aking. They may be baked their skins just like otatoes, since they contain ough moisture to reate the necessary steam to ok them soft, pungent, nd mildly sweet to the stebuds. *onsumer Food News, USDA*

arlic and shallots can be eated the same way and ake a delicious rnish for roast lamb. ore and serve tomatoes room temperature! esearch at U.C. Davis ows that 55°-70° is the nge best for flavor nd texture. *California resh Market Tomato dvisory Board*

reeze peeled, quartered matoes when they are lentiful and full of flavor use in sauces or stews. reeze sorrel purée to se in sauces—fresh sorrel, ashed and stemmed, ilted in water that clings leaves, then puréed. o the same for leeks while season and less xpensive. *die Dannenbaum, hiladelphia Cooking teacher*

Winter is the time to take dvantage of great root



Tomato Press: *No need to blanch and peel! Press separates pulp from seeds and skins. Also purées cooked apples, pears.*

vegetables in purée combinations, such as butternut squash and potato, carrot and yellow turnip, celery root and potato, or Richard Olney's fabulous **purée blanche**—purées of separately cooked potato, white turnip, celery root, onion, all mixed together. To basic purées, add seasoning to taste, sweet butter, and either heavy cream, sour cream, or yogurt. Always reheat in a heavy pan and serve *very* hot. *José Wilson, author of "The Complete Food Catalogue" (Holt, Rinehart & Winston)*

Poach unpeeled garlic cloves in water. Peel and toss with sautéed julienned zucchini. Use 4-5 cloves per person.

Mix red onion rings and avocado half-moon slices with Tabasco and lemon vinaigrette. Serve in leaves of red cabbage.

Make a caper mayonnaise and serve with artichokes.

A celebrate-spring salad—asparagus tips, tiny peas, green onions, avocadoes, and vinaigrette. *Carol Adams, Portland, Ore., cooking teacher*

Purée cooked asparagus and add ½ cup to a standard crêpe batter made with whole-wheat flour.

Add carrot purée to noodle or pasta dough and serve with white clam sauce.

Purée green beans. Mix in toasted sesame seeds, minced chili pepper, garlic, salt, and pepper. Use as filling for mushrooms, or as a dip for chips. *Marjorie Page Blanchard, cookbook author*

For cold chicken, pork, or veal salads, try an avocado dressing: Combine ¼ cup lemon juice, 1 teaspoon salt, 1 teaspoon sugar, red pepper flakes, and finely minced fresh cilantro or basil to taste. Mash 1 large, very ripe avocado and beat in juice mixture. Add 1 finely minced scallion and gradually beat in ½ cup olive oil. Serve immediately with the meat arranged on spinach leaves with a garnish of tomatoes.

For a speedy salad—divide broccoli into even-sized stalks and peel the stems. Steam until just crunchy-tender, sprinkle lightly with toasted sesame oil a bit diluted with peanut oil, a dash of sherry vinegar, salt, and cracked Szechuan peppercorns. Serve hot, warm, or at room temperature. *Elizabeth Schneider Colchie, author of "Better Than Store Bought" with Helen Witty (Harper & Row, May)*

Peel 4 cucumbers and cut in half lengthwise. Remove all seeds and cut into ½-inch-thick slices. Put them in a saucepan and cover with cold water. Bring to a boil for 1 minute. Drain. Melt 3 tablespoons butter in a sauté pan, add 4 tablespoons finely chopped fresh dill, the cucumbers, and season with salt and pepper to taste. Sauté 3 minutes. Serve hot to 6. *Annemarie Huste, New York cooking teacher*

Make a vegetable curry as a light main dish by frying a large onion in oil. Add several tablespoons medium hot curry powder and sauté a bit to release its flavor. Add 1 cup stock, 3 tablespoons tomato purée, and 1 pound mixed blanched vegetables. Season to taste and simmer until all is hot and vegetables are cooked, about 5 minutes. Serve over rice or kidney beans. *Sharwood's*

For a low-calorie "creamed" spinach, cook 2 pounds young spinach in the water clinging to its leaves. Drain, and squeeze out. Chop, season with Spike and nutmeg. Put back in pot and add 1½

Continued on page 147

STEAMER SELECTIONS

TETSU OKUHARA



Flat-bottomed wok *for gas or electric stoves has its own steamer plate. Atlas.*

Top left to right: *Generation stainless steel saucepan with perforated insert. West Bend. Electric Automatic Gourmet Steam Cooker makes it easy to watch the cooking. Hitachi. Steam-Chef electric steamer stacks bowls to cook a full meal at one time. Waring. Left: Stainless steel stacking Chinese steamer. Joyce Chen.*

Shopping information, page 151

GOOD SPIRITS

Sip for flavor

"Sippin' whiskeys" and liqueur rums—smooth aged spirits to enjoy as you would a fine brandy

By William P. Rayner

Tasting, nipping, tippling, quaffing, swigging, and guzzling, though accepted forms of imbibing, are not the approved methods employed by connoisseurs for savoring spirits—that is reserved to sipping. For sipping is the technique by which the full aroma of the libation is liberated, and through which devotees of differing spirits become disciples of specific brands. It is a stern test for outside flavors, and cooling agents may not come into play. The liquor taken neat must be inhaled, sipped, almost chewed, rolled slowly over the tongue, and drunk at leisure.

Among the great sipping spirits of the Western world, Bourbon, Irish whiskey, rum, rye, and Scotch have their followers who delight in chauvinism and will defend the very special properties of their own favorite with the fervor of a Spinoza. The great American sipping whiskey, Bourbon, is so intertwined with our history that Congress has set standards to assure fine quality. To conform to the law, among other things, it must contain at least 51 percent corn (in practice Bourbon is 60 percent to 75 percent corn base) to which smaller grains such as rye and barley are added, and it must be stored for a period of 4 to 8 years in white oak barrels which have been charred on the inside. Any Southerner will gladly point out to a Scotsman that these white oak barrels may be used to age Bourbon only one time and are then sold to thrifty Caledonians who employ them for aging their Scotch—the inference being that they are a bit of a hand-me-down. The Scotsman will respond that it is just the antique properties these cured barrels have acquired which are important, and any Southerner who is silly enough to let them go deserves to drink the second-best whiskey. This can lead to a rejoinder, but it can also lead to a discussion of history, for Bourbon and Scotch are as much a part of their respective heritages as the goatee, string tie, and straight cane are to the Southerner and the kilt, bagpipe, and dirk are to the Scotsman. For the Southerner, Bourbon evokes stories of how our great artist John James Audubon loaded a boat in Henderson, Kentucky with 300 barrels of sour mash whiskey and paddled it down the Ohio River to Geneva where he sold it for an 800 percent markup. How Davy Crockett went to Congress on a campaign promise to lead his constituents to the mouth of the barrel of whiskey. How President Lincoln, when told that General Grant was drinking too much, remarked, "I wish I knew what kind of whiskey he drank. I would send it to my other generals." When he discovered the brand, which happened to be Old Crow, a case was dispatched to Grant. It is the Southerner who will report, in fact, that the drink was born in Bourbon country on the first year of our independence in 1789. The Scotsman will respond that "Uisge Beatha" (Gallic for "the water of life") has on record been brewed since 1494 or "two years after the discovery of your wee country" and therefore has the advantage of 300 years of experience. One thing both men will agree upon, however, is the corollary to Gresham's Law that bad taxes drive out good whiskey. For in Scotland, and in the States at about the same time, politicians imposed heavy duties on alcohol, which in 1791 caused the Whisky Rebellion that Washington dispatched Hamilton and 13,000 troops to quell, while to Scotland the "savagely repressive taxes" of George III made illicit stills as common as the kilt. It is interesting to note that Hamilton had more troops at his disposal to do battle with the brewers than Washington had at Valley Forge to fight an earlier war with George III. Of course, what this all points out is that whiskey is easy to make. The primary difference is the grain used: Bourbon is made from corn, Scotch and Irish whiskey from barley, and rye from rye. Turning them to alcohol is a matter of grinding the grain into meal, combining it with water to form a mash, and cooking it to release the starch, then adding malt to change the starch to sugar, and cooling. The mash is placed in a fermentation vat with yeast, which transforms the sugar to alcohol. From there it is pumped into a still where the heat vaporizes the fermented liquid at about 173°, leaving the water behind, which of course needs a temperature of 212° to form steam. The alcoholic vapors are cooled, condensed back into liquid known as low wine. The low wine is distilled a second time to become high wine. Distilled water is added to reduce the proof, and the whiskey is placed in oak barrels for aging. That is the basic process, but each "sipping spirit" may add its own refinement. "Tennessee Whiskey" or Jack Daniels filters what comes from the stills through vats filled with 10 feet of charcoal. All Bourbons such as Maker's Mark, Old Fitzgerald, Virginia Gentleman, Old GrandDad, and Wild Turkey are aged in white oak barrels that have been charred on the inside to caramelize the wood and lend color to the whiskey. Many Bourbons are still referred

Continued on page 138

Some aged sipping spirits

BRAND	PROOF	AGE IN YEARS
Single malt scotch		
Glendullan	94	12
Glenfiddich Highland Unblended	86	10
Laphroaig	91.4	10
The Glendronach	86	12
The Glenlivet	86	12
Scotch		
Buchanan's 12	86.8	12
Chivas Regal	86	12
Chivas Royal Salute	80	21
Desmond & Duff Deluxe	86	12
Dewar's Ancestor	86.8	12
Dewar's Malt	86.8	12
Royal Ages	86	15
Teacher's Royal Highland De Luxe	86	12
Bourbon		
Benchmark	86	6
Ezra Brooks	90	7
	101	15
George Dickel	90	12
Jack Daniels		
Black Label	90	5
Green Label	86	4
Old Charter	86	10
Old Fitzgerald	86	6
Old Grand Dad	86	4
	100	7
Wild Turkey	86.8	6 plus
	101	8
Rye		
Old Overholt	86	4
Blended whiskey		
Suntory Royal	86.8	10-15
Suntory Signature	86.6	15-30
Canadian whiskey		
Alberta Springs	90	aged
Crown Royal	80	aged
V. O.	86.8	6
Irish whiskey		
Dunphey's	80	average 7
John Jameson	80	"
Old Bushmills	80	"
Tullamore Dew	80	"
Rum		
Appleton Gold	80	3-5
Appleton Punch	90	3-5
Bacardi Añejo	80	6
Barbancourt 5 Star Special Reserve	86	aged
Don Q Gold	80	2-4
Mount Gay Refined Eclipse	90	3-10
Mount Gay Sugar Cane	90	3-10
Mount Gay Special Reserve	90	3-10
Myers's	80	aged



Real fruit juice. Not heavy syrup.

That's what makes Libby's Juice Pack Peaches taste peachier.

Libby's knows a peach should taste peachy, not syrupy. That's why Libby's Juice Pack Peaches are bathed in a fresh stream of lightly sweetened real fruit juices, instead of heavy syrup.

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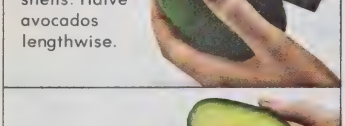
Ah, Libby's delicious Juice Pack Fruits; Peaches, Pears and Fruit Cocktail in real fruit juices.

Libby's borrowed the idea from nature, for a fresher fruit taste.

A Few Simple Lessons about Avocados from Old El Paso



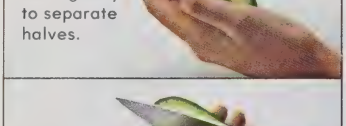
For half-shells: Halve avocados lengthwise.



Twist gently to separate halves.



Whack a sharp knife directly into seed; twist to lift out.



To peel: Place cut-side down; strip or pare skin.



For slices: Place peeled halves cut-side down. Cut lengthwise.

Make it with an Avocado



Good spirits
continued from page 136

to as "sour mash," which simply means that some of the previous distillation is used to aid in fermentation of a new batch of mash. It is rather an "old tie" system where one generation looks after the next.

Grand Scotches subscribe to the "old tie" system, too, and for them it's a very "old tie." Here each generation of Glenlivet is made from straight barley malt to which no outside "maize or foreign grain" may be introduced to contaminate the pure bloodline. Each generation is twice distilled at low temperature to retain the barley's character and then is aged for 12 years to create a personality. It graduates smoky and smooth as does its older cousin the 21-year-old blend of Chivas Royal Salute. Then there is the lesser known but equally fine straight Laphroaig (pronounced La Froya) which is aged for 10 years.

Like Scotch, the primary grain of Irish whiskey is barley, though unlike Scotch the Irish do not permeate the roasting barley and malt with burning peat, so their whiskey does not have a smoky flavor. Also they distill their whiskey three times rather than twice, and they have been doing it nearly 1,500 years. This, in Irish eyes, makes it three times as good as Scotch and nearly eight times that of Bourbon. Also they are eager to point out that the old Bushmills' plant in Ulster is the world's oldest continuous operating distillery which was founded by James I's deputy Thomas Philips in 1608. They are, however, less eager to acknowledge that when Sir Thomas was granted permission to issue patents to distill, by his liege lord and master, he issued the first one to himself. But this is not surprising, for the Irish have all along exhibited a fine sense of priorities, as when they imported the first steam engine it was not used to power locomotives, thrash grain or card flax, but rather to generate energy for Sir John Power's distillery in Dublin. Today "Old Bushmills," "Powers Gold Label," and "Sir John Jameson" are still among the finest sipping whiskeys in the Western world.

Like Bourbon, the formula for making rye is set down by our law which states that it must contain at least 51 percent of its namesake. This "pumpernickel" grain is as interesting as the liquid's flavor in that it was "domesticated" later than wheat and other staple grains, for it has not been found in tombs such as the Pharaohs' or the ruins of primitive Swiss lake dwellings. It apparently was developed somewhat later in Europe and has been used as the primary grain in American rye whiskey since about the time of our revolution. Among the earliest practitioners were the Overholts, who in 1810 established their brand in the western Pennsylvania county of West Overton. A cousin, Henry Clay Frick, "clerked" in their firm before floating a loan with Andrew Mellon and forming a partnership with Andrew Carnegie to take advantage of the rich coal lodes that lay below the rye. It is pres that Frick's relationship to "Old Over then changed from "clerking" to ping," and the same "Old Overholt" available today.

Though Bourbon and rye are consi deep-rooted in our history, rum may played an even more important, i known, role, for as some historians tain, "it was to our revolution mor than tea." Better than a century befor Boston Tea Party colonists became inv in what later was known as the ' Triangle," where molasses from the Indies was brought to New England al square-riggers, distilled into rum whic sent to Africa, and traded for slaves w turn, were shipped to the West Indie traded for molasses—a kind of per motion machine. However, the E Parliament in 1733 threw a spanner in machine with its "Molasses Act," restricted the tax-free importation in Colonies of the syrup except fro British West Indies islands such as bados. These new regulations ha salutary effect of turning a number leading citizens such as John Hancoc Samuel Adams into smugglers. "Ta without representation" was not in solely with tea leaves.

Though our forebears' motive breaking with the crown may have mixed, their rum was pure; in fact been called the "purest of liquors, there is no need to cook or malt the c convert it into sugar. It is sugar. The three basic types of rum: the light-b variety produced by the Spanish-spe lands such as Puerto Rico, the full-b rums from English-speaking islands s Jamaica, and the pungently aromatic from Java. Some other soul will h lionize the rums from Java, but the colored, semilight-bodied and gos soft Mount Gay Rum from Barbad the very dry, raw-amber colored, bodied Añejo which Bacardi makes in to Rico leave no reason to doubt the that "rum is the purest of liquors."

Quick cook combinations
continued from page 130

Crescent-cut vegetabl

(see Wine & Food cover)

INGREDIENTS

⅔ cup sake
1 teaspoon soy sauce
½ pound sweet butter, cut into small pieces
1 small purple turnip, peeled
1 kohlrabi, peeled
½ young parsnip, scraped
1 small zucchini, trimmed
1 small yellow squash, trimmed
1 carrot, scraped
1 stalk celery, scraped
1 bunch wild or thin asparagus
1 handful snow peas
1 bunch scallion greens, optional

Continued on pa

The Avocado Tostada.

From Old El Paso...something exciting for a change.

Next time you feel like having a little excitement, stay at home and enjoy it. Crunchy Old El Paso tostada shells aped with refried beans and ground beef; smothered with zesty California avocado guacamole and layers of shredded lettuce, olives and cheddar. Topped with even more cool, golden-green guacamole. And a dab of angy sour cream. It's a feast for eight that you can make in minutes. Just look for California avocados and all the exciting products in the Old El Paso line.



Avocado Tostadas

Old El Paso Tostada Shells
16 oz. can Old El Paso Refried Beans
cups browned ground beef
1/4 cups Guacamole
2 cup black olives, sliced
4 cups lettuce, shredded
1 cup cheddar cheese, grated
1/2 cup sour cream
Old El Paso Taco Sauce
Season to taste

epare all ingredients. Heat tostada shells according to ckage directions. In separate skillets heat beans and meat. ssemble tostadas by spreading equal portions of beans on ch shell. Next layer equal portions of meat, Guacamole eserving about 3/4 cup to garnish the top of each tostada), ives, lettuce and cheese. Top each with a large spoonful Guacamole and a dollup of sour cream. If desired, Old Paso hot or mild Taco Sauce may be sprinkled lavishly er tostada. Serves 8.

Old El Paso Guacamole

California Avocados, peeled and barely mashed
3 cup onion, chopped
3 cup Old El Paso Chopped Green Chilies
2/3 cup tomato, chopped
2 Tbsp. Old El Paso Taco Sauce
1 Tbsp. lemon or lime juice
1 1/4 tsp. sugar
1/2 tsp. garlic powder

epare all ingredients. In a medium wl carefully mix all ingredients. elds 2-2/3 cups. Double the cipe so you'll have plenty of is zesty dip for tortilla chips d chilled fresh vegetables.

Love Food from California

©1978 California Avocado Advisory Board

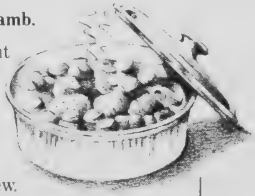
Cornelius

for Corning



When Corning first showed me our new "Everyday Gourmet"" line, I confess I was a doubting Cornelius. Could these pure white, delicately fluted baking dishes really be Corning Ware® cookware? Well, it turns out that, as beautiful as they look, their real beauty is in how they cook. Not only do they deliver full Corning Ware performance, each Everyday Gourmet piece is designed for maximum versatility. For example, the beauty I used for the following recipe* is a 2½-quart Covered Baker that doubles as a perfect Soufflé.

Mary-had-a-lot-of lamb.



Here's a one-dish dinner that dishes out for a lot of people (6-8) with very little work. And because you make it in an Everyday Gourmet Baker, you can make it at your leisure. Then freeze it, reheat it and bring it proudly to the table for even the most important guests—without ever getting into a stew.

- 3 lbs. boneless stewing lamb in 1½" cubes
- 6 T. oil
- ½ tsp. each, salt and pepper
- ¼ cup flour
- 2¼ cups beef broth
- ¼ cup dry sherry or white wine
- 2 crushed garlic cloves
- 24 small white onions, peeled
- 2 thinly sliced carrots
- ½ tsp. each, dried marjoram and thyme
- 2½ T. lemon juice
- 3 T. chopped parsley

Dry lamb with paper towels. Brown well in heated oil in frypan; place meat in Baker. Combine salt, pepper, flour. Sprinkle over lamb, mix well. Add heated broth, sherry, garlic. Cover and bake at 350° for 1 hour; add onions, carrots and herbs, cook ½ hour more. Let stand 10 minutes uncovered; skim off fat. Add lemon juice and parsley; stir gently. Serve at once (with rice is nice), or cover and freeze.

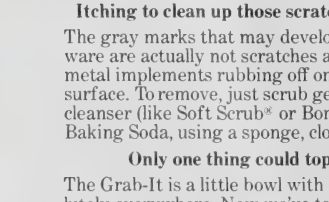
For a copy of our 10-page "How to Be An Everyday Gourmet Recipe Booklet," drop me a note with 25¢ postage/handling (please allow 4-6 weeks for delivery).

Itching to clean up those scratches from your dinnerware?

The gray marks that may develop on your Corelle® dinnerware are actually not scratches at all. They're caused by soft metal implements rubbing off on the much harder Corelle surface. To remove, just scrub gently with a non-abrasive cleanser (like Soft Scrub® or Bon Ami®) or Arm & Hammer® Baking Soda, using a sponge, cloth or plastic mesh.

Only one thing could top our Grab-It™ bowl.

The Grab-It is a little bowl with a big handle that goes absolutely everywhere. Now we've topped it with a clear glass cover. Keeps food from drying out, whether it's heating up or cooling its heels in the fridge. And for city dwellers dining on the terrace, it keeps the dirt out of the dessert.



At your service,

Cornelius

CORNING

CORNELIUS O'DONNELL, CREATIVE SERVICES, DEPT. H-2, CORNING GLASS WORKS, CORNING, N.Y. 14830

Quick cook combinations
continued from page 138

1 package enoki mushrooms
6 cherry tomatoes (optional)
2 tablespoons walnut oil
Salt, freshly ground black pepper

METHOD

☐ Heat the sake in a heavy saucepan an ignite. When the flames die out, bring t a boil and reduce to a glaze. Add the so sauce and stir to blend. Remove pan fro the heat and beat in the butter, 2 tabl spoons at a time, until thickened an foamy. Reserve.

☐ Cut turnip, kohlrabi, parsnip, zucchi squash, carrot, and celery into thin cre cent shapes. Cut 2-inch tips of asparag to use—save stems for another dish. C the snow peas into 1-inch-long pieces. C the scallion greens into thin rings. Tri bottoms from mushrooms. Leave che tomatoes whole if you are using them.

Braised romaine with leeks

INGREDIENTS

2 romaine lettuces, washed and drained (leave whole)
Salt
3 large leeks
5 tablespoons sweet butter, cut into small pieces
2 ounces shallots, thinly sliced
Freshly ground black pepper
Nutmeg, grated

METHOD

☐ Parboil the romaine in a saucepan boiling salted water for 7 minutes, remo and immediately drop into cold wat Press out as much water as possible, tr off root end, and cut each romaine in h lengthwise. Spread open, tender leaves and cut away the core and hard ribs desired. Discard the small center lea which turn brown when blanched. Us the flat side of a chef's knife, pound lettuce lightly to flatten and soften. W the blunt edge of the knife, pound lea ⅓ from the bottom and ⅓ from the top form a crease along which to fold the tuce. Fold both edges in, slip knife unc and flip the entire package over so seam is underneath. Repeat this proc with second romaine lettuce. Cut e crosswise into 6 equal pieces, set asi

☐ Trim the roots of the leeks and so of the green tops. Split the leeks, cutt 2 inches from the root end through to green tops, and wash them carefully der cold running water in order to get every particle of dirt. Parboil 3 minute boiling salted water. Drain and drop i cold water to stop the cooking. Drain ag and press out as much water as possi Halve the leeks, then trim at each e leaving a piece of about 5 inches. F "inside out" so pattern of leaves is up most. Thinly slice the trimmed greens

y chop the trimmed whites.
Butter a rectangular 8-by-14-inch in dish. Scatter the sliced shallots over bottom, then top with the slices and mings of leeks. Alternate 2 portions omaine, side by side, with one leek ie dish; sprinkle with salt, pepper, and neg, dot with butter, cover with but- d parchment, and top with aluminum Set in a preheated 350° oven to cook ninutes. Serve hot with game or dark t. Serves 6.

lle-feuilles of réed vegetables

REDIENTS FOR MILLE-FEUILLES

unces raw puff pastry, chilled
und parsnips, scraped and cut in rge chunks
e of ½ lemon
freshly ground black pepper
unces salted butter (9 tablespoons)
p cream
und broccoli heads
neg, grated
und carrots, scraped and cut up

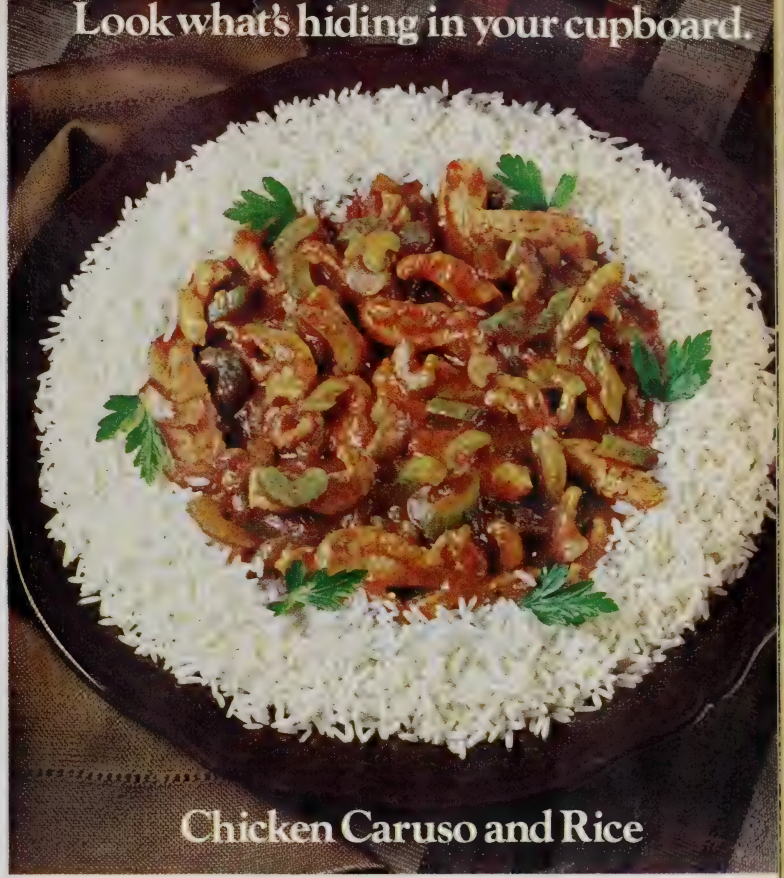
REDIENTS FOR SAUCE

blespoon olive oil
p shallots, coarsely chopped
ve garlic, whole, but peeled
p red wine
ups (4-5 ounces) mushrooms, ely chopped and sprinkled with e juice of ½ lemon
p parsley, chopped
ups chicken stock
lespoons glace de viande
lespoon sweet butter, plus extra to lt
ly ground black pepper

HOD FOR MILLE-FEUILLES

oll cold puff pastry into a 12-inch re and place on damp pastry sheet. pastry all over at ½-inch intervals a fork. Bake in a preheated 375° 25 minutes or until lightly browned. ve from oven and allow to cool. Trim s neatly with a serrated knife.
ook the parsnips in a saucepan of g salted water with the lemon juice tender. Purée in a blender until ab- ely smooth. Season with salt and pep- o taste. Melt 1½ tablespoons butter aucepan; when it begins to foam, add arsnip purée and cook over medium stirring, until heated through. Beat e cream. The purée should be creamy ot too thick.
ook the broccoli heads until very ten- n a saucepan of salted water. Drain, under cold running water, drain . Push through a strainer or purée lender and season with salt, pepper, grated nutmeg to taste. Melt 1½ spoons butter in a second small pan and, when the butter begins to add the broccoli purée. Cook, stir- until heated through. Keep hot.

Continued on next page



A little rice can turn ordinary chicken into a delicious, hearty meal the whole family will love. Rice makes your dishes go further and taste better. It even makes them look more appealing.

And you can use rice in many different ways: as a side dish, in casseroles, desserts, mixed with vegetables, even in salads. So whenever you want a quick and easy, good-tasting meal—remember rice. Then see what's hiding in your cupboard.

Chicken Caruso and Rice

2 whole chicken breasts (about 1½ pounds), skinned, boned, and cut in thin strips
Garlic salt and pepper
3 tablespoons butter or margarine
1 jar (15½ ounces) spaghetti sauce (2 cups)
1 teaspoon Italian seasoning
2 cups sliced celery
3 cups hot cooked rice

Season chicken with garlic salt and pepper. Saute in butter about 2 minutes. Stir in spaghetti sauce and Italian seasoning; cover and simmer 10 minutes. Add celery; continue cooking until celery is tender crisp. Serve over beds of fluffy rice. Sprinkle with grated Parmesan cheese, if desired. Makes 6 servings.

For more easy-to-make rice recipes, write to: Rice Council of America, Dept. H, Box 22800, Houston, Texas 77027

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State_____ Zip_____

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Get the Rice out.

Rice Council of America

☐ Place carrots in a third small saucepan and cover with cold water. Add salt and bring to the boil. Cook until very soft. Push through a sieve or purée in a blender. Melt 1½ tablespoons butter in the saucepan and when foamy add the carrots. Cook, stirring, until heated through. Keep hot.

METHOD FOR SAUCE AND ASSEMBLY

☐ Heat olive oil in a heavy saucepan and sauté shallots until transparent but not brown. Add garlic and wine and simmer slowly until completely reduced and dry—the shallots will be all red. Add mushrooms and parsley and stir well. Stir in chicken stock and glace de viande. Bring to a boil and reduce by ½ to about 1½ cups. Remove from heat, remove and discard garlic, and whisk in butter. Check for seasoning and add fresh pepper.

☐ Cut the puff pastry into 24 rectangles. Spread 6 with parsnip purée, 6 with broccoli purée, and 6 with carrot purée. Stack from bottom to top: carrot, parsnip, broccoli. Top each stack with a remaining rectangle, press down lightly, and brush the top pastry with melted butter. Place some sauce on each plate and place a millefeuille on top. Serves 6.

Bar Room slaw

INGREDIENTS

Carrot
Zucchini
Red, green pepper
Celery, celery root
Yellow squash
Chayote
Chinese cabbage
Japanese white radish, black radish
¼ head white cabbage
¼ head red cabbage
1 large cucumber
2 tomatoes
2 heads romaine lettuce
3 Belgian endive
2 bunches watercress
Dressing (recipe below)

METHOD

☐ Choose vegetables (carrot-radishes) according to season and preference and cut into fine julienne. The cabbage should be julienned hair-fine. Cut cucumber in half, core with a melon baller, slice very thin and put in iced water to crisp. Slice tomatoes thinly. Surround the julienned vegetables on a platter with the tomato and cucumber slices, leaves of romaine and endive, and watercress. Dress with Bar Room slaw dressing.

Bar Room slaw dressing

INGREDIENTS

2 egg yolks
½ teaspoon Dijon mustard
1 tablespoon lemon juice
Salt, freshly ground black pepper
1-1½ cups olive oil
½ tablespoon wine vinegar

METHOD

☐ Combine egg yolks, mustard, lemon juice, salt, and pepper in a mixing bowl. Stir briskly until well blended. Slowly add oil, drop by drop, beating without stopping. When mixture is thick, add remaining oil in a slow, steady stream. Stir in vinegar.

Eggplant, zucchini, and tomato gratin

INGREDIENTS

2 1-pound eggplants
½ cup olive oil
2 red-ripe 1 pound tomatoes
2 pounds zucchini
8-9 mixed crackers (Ritz, whole-wheat, etc.)
2 tablespoons Parmesan cheese, grated
1 teaspoon fresh marjoram leaves
3 tablespoons butter
¼ teaspoon salt
Freshly ground black pepper

METHOD

☐ Peel the eggplants and cut into ½-inch slices crosswise. Halve the slices if very large. Heat the olive oil in a large skillet until very hot and sauté the eggplant until golden on both sides. Remove from the skillet and allow to drain on paper towels.

☐ Drop the tomatoes into simmering water for 10 seconds, then peel them. Halve each and cut into thin slices. Slice zucchini about ¼ inch thick.

☐ Combine crackers, cheese, and marjoram in a blender or food processor and grind to a powder. Sprinkle 2 tablespoons of the mixed crumbs on the bottom of a well-buttered 14- or 16-inch gratin pan. Arrange alternate slices of eggplant, tomato, and zucchini down the length of the dish. Season with salt and pepper. Sprinkle with the remaining cracker crumbs, dot with butter, and bake in a preheated 350° oven for 20 minutes. Run under a hot broiler to brown the top. Serves 6.

Asparagus Chinoise

INGREDIENTS

3 pounds wild or thin asparagus
2 tablespoons butter
2 tablespoons soy sauce
Juice of ½ lemon
Freshly ground black pepper

METHOD

☐ Cut the tender part of the asparagus on the diagonal at 1-inch intervals. Cut the thicker stalks also on a slant, but thinly. Heat the butter in a skillet until hot. Add the asparagus and sauté over medium-high heat 1 minute. Make a well in the center of the vegetables and add the soy sauce and lemon juice. Boil down to almost a glaze. Cook, stirring, 30 seconds or longer or until the asparagus are tender but still very crisp. Season with freshly ground pepper. Serve at once. Serves 6.

Pesto

INGREDIENTS

⅓ cup pistachio nuts, peeled
⅔ cup pine nuts
5 large cloves garlic, peeled
2 cups basil, firmly packed
1-1½ cups olive oil

METHOD

☐ Grind pistachios, pine nuts, and garlic to a fine paste in a food processor or with a mortar and pestle. Add basil and continue to process until puréed. Add olive oil in a thin stream. When mixture is thick and mounds like a mayonnaise, you have added enough olive oil. Makes about 2½ cups sauce.

Zucchini with pesto

INGREDIENTS

2 pounds zucchini
Olive oil
Pesto sauce
Salt, pepper
Toasted pine nuts

METHOD

☐ Make zucchini julienne on a mandoline or by hand. Sauté in olive oil in a skillet 1-2 minutes until just tender. Stir in 2 tablespoons pesto and toss well. Season to taste with salt and pepper. Serve sprinkled with a few toasted pine nuts. Serves 6.

Zucchini and spaghetti with pesto

INGREDIENTS

1 pound zucchini
½ pound spaghetti
Salt
1 sweet red pepper
1 green bell pepper
Olive oil
¼ cup pesto
Freshly grated Parmesan

METHOD

☐ Julienne zucchini on mandoline; the juliennes should be long to look like the spaghetti. Cook spaghetti in boiling salted water until al dente. Drain and reserve. Peel peppers with a vegetable peeler. You will not be able to reach the indentations where the lobes of the peppers meet. Cut the peppers in 4 lengthwise along the lobe indentations and then peel the edges. Cook peppers in olive oil over moderate heat 5 minutes or until just wilted.

☐ Sauté the julienned zucchini with the cooled spaghetti in olive oil in a skillet over moderate heat 1-2 minutes. Mound on a warm platter, top with pesto and

:oss well. Ring with peppers, alternating colors. Serve with freshly grated Parmesan on the side, or put a cheese grater on the table. Serves 4 as a main dish.

Steamed vegetable platter with herbed olive oil

INGREDIENTS FOR VEGETABLE PLATTER

1 bunch broccoli
1 small head cauliflower
2 large carrots, quartered
2 handfuls snow peas
2 handfuls fresh green beans, trimmed
Salt
¼ pound wild or very thin asparagus, trimmed
2 yellow squash, peeled and thinly sliced
2 zucchini, peeled and thinly sliced
5 whole mushrooms, stemmed and topped with cherry tomatoes (optional)
Sea salt

INGREDIENTS FOR HERBED OLIVE OIL

1 tablespoon sea salt
1 tablespoon fresh or ½ tablespoon dried rosemary
1½ tablespoons fresh or 2 teaspoons dried marjoram
1½ tablespoons fresh or 2 teaspoons dried sage
1½ tablespoons fresh or 2 teaspoons dried savory
3 tablespoons fresh Italian parsley, chopped (only if using dried herbs)
½ tablespoon whole black peppercorns
⅓-½ cup olive oil

METHOD FOR VEGETABLES

☐ Blanch the broccoli, cauliflower, carrots, snow peas, and green beans for 1 minute in boiling salted water. Drain and rinse under cold running water.

☐ Arrange all the vegetables attractively on a heatproof serving dish which will fit nicely inside a large roasting pan. Sprinkle the vegetables with sea salt.

☐ Bring 1 inch of water to a boil inside a large roasting pan with a tight-fitting cover. When the water is boiling, place a cake rack supported by two or three inverted custard cups (or any other suitable support) in the pan. Make sure the cake rack is above the level of boiling water. Place the serving dish on the rack, cover, and steam for 15 minutes.

METHOD FOR HERBED OLIVE OIL AND ASSEMBLY

☐ Grind together all the herbs and spices in a spice grinder or blender until you have a fine powder. Transfer to a bowl and stir in olive oil. The oil will turn fragrant and green. Dribble the sauce over the hot vegetables just before serving. Serves 6.

Note: Herbed olive oil can be made ahead and refrigerated. If using dried herbs, the parsley will add the green color. Stir before using.

☐ Heat a large skillet over moderate heat. Add the walnut oil and spread with a spatula all over the bottom and sides. Add all the vegetables and sauté 1 minute. Season with salt and pepper. Mix in the butter sauce and serve hot. Serves 6.

Chinese cooking for health
continued from page 135

Fringed cucumbers

INGREDIENTS

4 small Japanese cucumbers or small, light green English variety
1½ tablespoons soy sauce
1 teaspoon sesame seed oil
Few drops white wine
Pinch sugar

METHOD

☐ Cut the cucumbers into 1½-inch sections, then split each section in half lengthwise. Use a very sharp cleaver or knife to cut a "fringe" on the diagonal along one edge of the cucumber at ⅛-inch intervals. Apply pressure with the heel of your hand to flatten and spread the cucumber section so that it opens slightly, resembling a small pale and dark green striped fan. Fringe each cucumber section, then arrange on a plate.

☐ Mix together the soy sauce, oil, white wine, and sugar in a bowl. Pour over the cucumbers so that each section is coated. Serves 4.

Continued on next page

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continued from preceding page

Fringed radishes

INGREDIENTS

6-8 well-proportioned, large oval radishes, trimmed
1 tablespoon sugar
1½ tablespoons white vinegar
Few drops white wine

METHOD

☐ Slice radishes in half so that you have two oval halves. Use a very sharp cleaver or knife to cut a "fringe" on the diagonal along one edge of radish halves at ⅛-inch intervals. Use heel of your hand to fan out sections in a crush and swirl motion. Arrange fringed radishes on a plate.

☐ Dissolve the sugar in vinegar, sprinkle in the white wine, then coat the radishes with this sauce and let marinate a few hours until the whole radish turns bright pink. Serves 4.

Agar-agar salad

INGREDIENTS

2 carrots, pared
2-3 stalks celery, trimmed
1 bundle agar-agar (a gelatinous substance made from seaweed), soaked in lukewarm water to soften
Salt
Sesame seed oil

METHOD

☐ Cut carrots and celery into 2-inch lengths, then into fine julienne. Cut agar-agar to match the lengths and mix with celery and carrots, reserving a handful to garnish top of salad. Dress with a little salt and sesame seed oil. Serves 4.

Broccoli with straw mushrooms

INGREDIENTS

Cottonseed oil
Handful straw mushrooms (available canned in Oriental markets), or dried black mushrooms, soaked in a bowl of lukewarm water for ½ hour or more
1 teaspoon oyster sauce
1 teaspoon soy sauce
Salt
Soda
1 head broccoli, divided into small flowerets, stalks removed

METHOD

☐ Heat 1 tablespoon cottonseed oil in a wok until very hot, add mushrooms, oyster sauce, soy sauce, and cook, stir-frying, for 1-2 minutes. Add broccoli to heat through.

☐ Add a pinch of soda and 1 teaspoon cottonseed oil to boiling salted water, add the broccoli flowerets, and simmer uncovered 1 minute. Drain and refresh under cold running water, drain again, and reserve.

☐ Arrange broccoli flowerets, facing out, on a plate, resembling the original "head." Top with the mushrooms in the middle, continuing the domed arrangement, so the green will be outside, the black inside, a classic color scheme in many dishes. Serves 4.

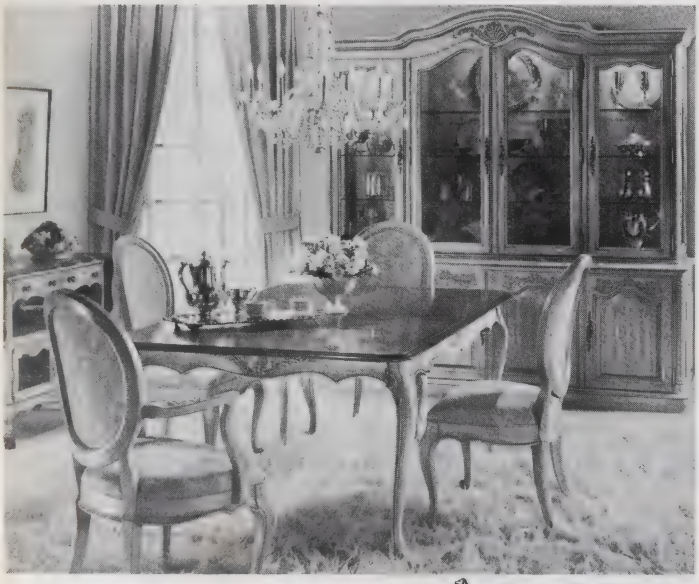
Bean curd and spinach soup

INGREDIENTS

2½-inch-square piece pickled turnip
1 cake bean curd, diced in ½-inch cubes
Salt
Sesame seed oil
Spinach leaves, washed and trimmed

METHOD

☐ Slice the pickled turnip thinly, then dice and add to 1 quart cold water. Bring to a simmer and let simmer for 10 minutes. When water boils, add the bean curd, simmer for 15 minutes more. Add a pinch salt, a few drops sesame seed oil, then drop in a large handful of carefully selected spinach leaves. Leave them in the soup over heat just long enough to blanch. Serves 4.



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Heart of Chinese cabbage with baby corn

INGREDIENTS

Salt
Sugar
1 teaspoon sesame seed oil
1-2 Chinese cabbage hearts, cut into slim wedges about ½-inch thick
8 pieces miniature corn, drained

METHOD

☐ Add a pinch of salt and sugar and the sesame seed oil to a saucepan of water and bring to a boil. Drop the cabbage heart wedges carefully into the boiling water, cover, lower heat, and simmer about 8 minutes—remove cover after a few minutes of simmering. In the last few minutes of cooking, add the miniature corn to the cabbage to heat through and release flavor. Drain vegetables, arrange on plate. Serves 4.

Hot spicy pressed bean curd salad

INGREDIENTS FOR SALAD

2-3 cakes pressed bean curd, ½-inch thick by 3 inches long
2 scallions, white part only

INGREDIENTS FOR DRESSING

½ teaspoon hot pepper oil (recipe below)
½ teaspoon sesame seed oil
2 teaspoons soy sauce
Small pinch sugar

METHOD

ut the pressed bean curd in half horizally so that you have 2 slices about ch thick each. Then sliver the slices at they are ¼ inch by ¼ inch by the h of the bean curd cake.

ut and trim scallions to approximately e length. Cut into 2-inch lengths. Cut e parts almost in half lengthwise, ad open and cut into thin shreds hwise. Stack greens into a tight pile again lengthwise, cut into shreds. bine on plate with bean curd strips. lix together the oils, soy sauce, and r in a bowl and toss with the salad. es 4.

t pepper oil

REDIENTS

up cottonseed oil
aping tablespoons dried red chili eppers, ground to a powder

HOD

eat oil in wok over high heat. Add peppers and cook 1-2 minutes. Drain il and bottle it. Makes ½ cup.

'ao yellow an sprouts

REDIENTS

blespoons cottonseed oil
nerous piece fresh scallion, redded to match size of bean sprouts ound soy bean sprouts aspoon salt scallions for garnish

HOD

Heat the oil in a wok until very hot, add dded scallion, then bean sprouts. Add nch of salt and stir-fry for a minute or Add a bit of water, about halfway up e top of sprout level, and let simmer inutes, or until the water is absorbed. before serving, add scallions and stirp flavor. Serves 4.

va beans

o snow in the red)

REDIENTS

blespoons cottonseed oil
nerous tablespoon "snow in the red," salty, pickled mustard green, available canned in Oriental markets
2 cups fava beans, with pod and kins removed
ame seed oil
ar

HOD

Heat the oil in a wok until very hot, "snow in the red," and ch'ao it quickAdd the beans, cook for just a minute wo. Add a dash of sesame seed oil and ar, stir-fry another minute longer, and e. Serves 4.

Snow peas, gingko nuts, black moss, and black mushrooms

(Loh han jai)

INGREDIENTS

Cottonseed oil
1 cake fried bean curd, slivered
Few slices bamboo shoots
Dried black mushrooms, soaked
Dried "wood ear" mushrooms, soaked
2 tablespoons small golden gingko nuts, drained
Pinch salt
1 tablespoon soy sauce
Fresh ginger, slivered (optional)
1 bundle black vegetable moss, soaked (comes dried in cellophane packages)
Handful snow peas

METHOD

☐ Heat 4 tablespoons oil in a wok and add bean curd. Stir once or twice, add bamboo shoots, mushrooms, gingko nuts, salt, soy sauce, ginger, if you like, and ¼ cup cold water. Add the vegetable moss, stir-frying (it will melt if too hot too long), then add snow peas last, cooking them until just tender-crisp. Serves 4.

Turnips ch'ao tung-tsi

INGREDIENTS

Tiny turnips or large radishes, peeled and trimmed into perfect rounds
2 tablespoons cottonseed oil
1 tablespoon canned tung-tsi, drained—a chopped condiment root
Pinch salt
Pinch sugar

METHOD

☐ Poach turnips or radishes in boiling water for 10 minutes, then drain. Heat oil in wok until very hot, add the chopped tung-tsi, then add the drained poached turnips or radishes, salt, and sugar. Stir-fry for 2 minutes, until the radishes or turnips are glossy. When serving, spoon the tung-tsi over the vegetable as a garnish. Serves 4.

Inside-out mango halves

INGREDIENTS

½ mango per person—choose very ripe mangoes, which will be very soft
Fresh lemon or lime juice
Mint sprigs to garnish

METHOD

☐ Pare away the seed and membrane of each halved mango. Score the mango half on the diagonal, in two directions, with a sharp knife or cleaver, to create a grid of about ¾ inch by ¾ inch. The sections created will be bite-sized. Using both hands, push up from underneath the mango half, like turning a felt hat inside out. The sections will pop up in a fairly even pattern and can easily be chopstick-plucked or spooned off. Squeeze lemon or lime juice over each half, garnish with a sprig of mint.

Asparagus from the Shang Tung

INGREDIENTS

1½ pounds asparagus
½ teaspoon baking soda
1 heaping teaspoon salt
1 teaspoon sugar
1 teaspoon sesame seed oil

METHOD

☐ Break off the tough part of asparagus stems and discard. Cut asparagus diagonally into ¼-inch-thick pieces.

☐ Bring 1½ quarts of water to a boil in a wok or large saucepan and add ½ teaspoon baking soda. Add asparagus and poach for 1½ minutes. *Do not overcook!* Remove asparagus with a strainer and submerge in cold water to stop cooking. Cool the asparagus completely under cold water, or refrigerate it covered with water —it will keep nicely for a couple of days.

☐ Mix together salt, sugar, and sesame seed oil and sprinkle over the asparagus. Serves 4.

Chinese breakfast

INGREDIENTS

⅓ bowl (⅓-½ cup) short-grained raw rice, well washed
Shredded fried pork
Tiny dried fish or shrimp
Scrambled eggs with Chinese chives
Fermented bean curd
Pickled vegetables (ja tsai)

METHOD

☐ To prepare the congée, or liquid rice, place rice in a saucepan, add 5 bowls (approximately 5 cups) cold water, place over high heat and bring to a boil. Mix with chopstick or spoon, then turn heat to very low and simmer, partially covered, until almost all liquid is absorbed—a bit of milky liquid should remain.

If you use this method, the rice will take about 40 minutes to cook.

Continued on next page

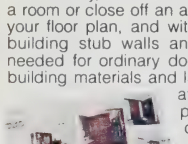
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☐ If you already have a bowl of ordinary cooked rice, add to it, in a saucepan, 3 bowls of boiling water. Bring to a boil, lower heat, and cook until milky and very soft, about 25 minutes. Serve with small bowls of the pork, shrimp, eggs, bean curd, and pickled vegetables on the side. Serves 4.

Steamed egg

INGREDIENTS

2 large eggs
⅓ teaspoon salt
Soy sauce (optional)
Chopped scallions (optional)

METHOD

☐ Beat the eggs in the bowl you intend to cook in with a pair of chopsticks, using them like a whisk. Beat well until the eggs are blended, then add 1 cup cold water, continue beating, and add salt.

☐ Place 4 chopsticks, crossed like a grid, in a wok. Pour 2 cups water in the wok and bring to a boil. Set the bowl with the beaten eggs on top of the chopsticks, cover wok, and steam about 12 minutes. Check to see if the eggs are puffed and serve, like a soufflé, spooned into rice bowls. Sprinkle with a little soy sauce or chopped scallions if desired. Serves 4.

Steamed dumpling

(Chaio-tzu)

INGREDIENTS

1 head Chinese cabbage
¼ pound ground pork (or a mixture of pork and shrimp)
Ginger root, chopped or grated
Scallion greens, chopped
Cilantro, chopped
Soy sauce
Sugar (optional)
Sesame oil
4 cups all-purpose flour

METHOD

☐ Chop ½ of the cabbage leaves very fine, reserving the rest. Wrap the chopped leaves in a towel and squeeze to remove excess moisture. Mix the chopped leaves with the pork and season with a little ginger, scallion, cilantro, soy sauce, sugar, and a few drops sesame oil. Store in refrigerator about 1 hour before using, to let flavors blend.

☐ Meanwhile, combine flour with 1½ cups cold water in a large bowl and mix well. Knead until smooth, then let dough rest 20 minutes.

☐ Roll dough on a floured board into a long roll about 1½ inches in diameter. Cut into 1-inch chunks, sprinkle lightly with flour, and roll around and flatten with the palm of your hand. Roll into 3-inch circles.

☐ Place a spoonful of filling on each circle of dough, then press circle edges together to form a half-moon shape. Or fo the dough circle into a cup shape, fill w a spoonful of mixture, turn and seal, tw ing the top closed to make pao- (steamed package).

☐ Line bamboo-tray layers of a traditio steamer with the reserved cabbage lea and place the dumplings in the trays. the steamer over the wok (water in wok should be boiling/steaming) a steam for 6-10 minutes. Serve hot dur lings with soy sauce and clean, cl astringent white vinegar, Chinese or J anese type. Makes about 12. Note: Th may be frozen if wrapped very loosely layered into an airtight container.

Noodles with spicy pork

(Shao-tzu mien)

INGREDIENTS

2 tablespoons cottonseed oil
1 pound ground pork
1 teaspoon ginger root, chopped
½ clove garlic, chopped
1 pinch dried chili pepper, chopped
1 small piece pickled turnip, about 2 inches square, minced
2 tablespoons soy sauce
1 handful black "wood ear" mushrooms minced (if using dried, soak and rinse them first)
2 tablespoons scallion, chopped
1 pound fresh wheat noodles (find ther in a Chinese grocery, or use dried p like fettucine, not cellophane or rice noodles)

METHOD

☐ Heat oil over high heat in a skill wok. Toss the pork in the oil, add gi garlic, and chili pepper, then add pickled turnip and toss lightly. The should be browned by now. Add soy s and let mixture simmer 1-2 minute low heat. Add mushrooms and sc last, toss lightly. If the sauce mi seems dry, add a little chicken stock

☐ Meanwhile, bring a large kettle o of water to a boil and drop noodl slowly, keeping the water at a boil. chopstick to stir and separate the no When the water reaches a full boil a add ¼ cup cold water, return to the add another ¼ cup cold water, the move from the heat. Drain the no place in separate serving bowls, an with the pork sauce. Serves 5.

Mandarin minced squa in lettuce leaves

A favorite dish of customers at Mme. Chiang's restaurant

INGREDIENTS

½ cup oil
2 large squabs, boned and finely ch
2 scallions (white part only), minced
1 cup water chestnuts, peeled and m
1 2-inch piece ginger root, peeled and minced

…zen Chinese black mushrooms,
…ked and minced
…blespoons Virginia ham, minced
…espoon wine
… white pepper
…espoon oyster sauce
…espoon soy sauce
…spoon sugar
…espoon cornstarch-water mixture
… rice sticks (optional, crunchy puffed
…e curls, available in packages)
… outer leaves of 1 head iceberg
…uce, with top fringe and hard core
…mmed (so each leaf measures 5-6
…hes across)

…HOD

…eat the oil in a wok. Add squab and …ons and stir-fry. Then add water …nuts, ginger, mushrooms, and Vir… ham. Continue to stir-fry, adding the … pepper, oyster and soy sauces, …, and cornstarch-water solution. Stir …nute or two more, then serve on fried …sticks with a separate bowl of lettuce …s nearby. Serves 6. Each person … s a spoonful or two of the squab on …uce leaf, then folds it into a package …t with the fingers.

… Many of the ingredients in these …es may be ordered by mail through … Chinese Grocer, 209 Post St., San …isco, Calif. 94108. Catalogue avail- ■

… in minutes

…nued from page 124

…HOD

…hop the beef in three batches in a … processor fitted with the steel blade …lude a scallion, ⅓ of the butter, and …sh of tarragon and Worcestershire …e in each batch. If you are using …nd meat, chop the scallions very fine… d mix them into the meat along with …butter, tarragon, and Worcestershire …e.

…orm the meat mixture into 4 patties, …e in a heavy cold frying pan with no …r oil, cook over medium heat. Patties …ld be served very rare—if you prefer … on the well-done side, add more fat …ep them from drying out.

…hen done remove the patties to a …ng plate and pour the wine into the … Boil, stirring, for a minute or two to …e up the juices and concentrate the …r. Season to taste and pour over the …es to serve. Serves 4.

…occoli purée

…REDIENTS

…kage frozen chopped broccoli
… sour cream at room temperature
…neg
…hly ground pepper

…HOD

…ook the broccoli, preferably on a …mer rack over boiling water, until hot through but still bright green. Drain and put in a food processor bowl fitted with the steel blade. Add the sour cream and process until well mixed. Add a pinch of nutmeg and ½ teaspoon salt. Process and taste again. Season to your satisfaction, pour into a hot serving dish, grind black pepper over liberally, and serve. Serves 4.

Cherry clafouti

INGREDIENTS

1 15-ounce can pitted black cherries, drained
2 tablespoons kirsch, brandy, or Bourbon
⅓ cup flour
¼ teaspoon salt
3 eggs
1 cup milk
3 tablespoons butter, melted
½ cup cinnamon sugar

METHOD

☐ Spread the cherries in a shallow baking dish about 10 inches in diameter. Sprinkle them with the liquor and let sit for at least 15 minutes.

☐ Mix the flour, salt, eggs, milk, and butter in a bowl or blender. Pour the batter over the cherries and bake in a preheated 350° oven about ½ hour, until brown and puffed. Sprinkle with cinnamon sugar and serve hot or warm. Serves 4. ■

Vegetable basics

continued from page 135

ounces Monterey Jack cheese. Stir over low heat until melted. Use as a side dish with meat, as a filling for poached mushrooms, as a topping for oysters. Sprinkle mushrooms and oysters with a little Parmesan before serving.

Try a low-calorie vegetable casserole: In a large, heavy pan heat 1 tablespoon olive oil. Add 1 large clove garlic, minced, and ½ onion, diced. Cook over medium heat until translucent. You must cook slowly, since there is not much oil. Add 3 fresh tomatoes, peeled and diced, or 1 small can plum tomatoes. Add some thyme, a bay leaf, ½ tablespoon Spike, 1 teaspoon pepper, chopped fresh parsley and basil. Cover and let mixture stew a few minutes. Add 1 peeled and diced small eggplant, ¼ red pepper, ¼ of a green pepper, and a few mushrooms, 1 zucchini, all diced. Simmer 25 minutes. Check seasoning. 1 cup of this mixture has about 50 calories. Put 1½ cups mixture in an individual gratin dish and top with 1 ounce Monterey Jack cheese (105 calories per ounce), and a little Parmesan. Bake at 375° 10 minutes until hot and bubbling. For those who can have more calories, add more cheese. Serves 2-3. *Michel Stroot, chef of The Golden Door spa in Escondido, Calif.* Chinese red salad: Boil unpeeled fresh beets (with tails and 1 inch of tops left on) in water over high heat. Add fresh or freeze-dried tarragon,

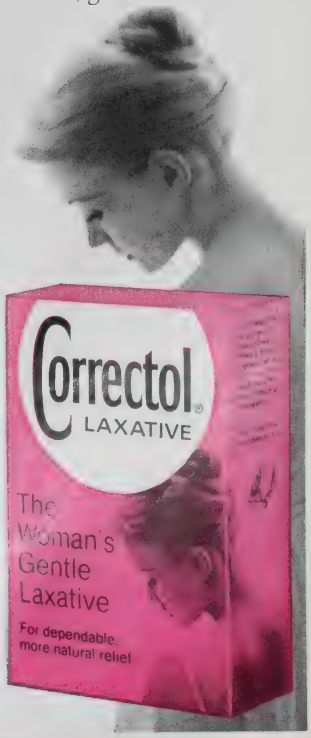
Continued on next page

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Vegetable basics
continued from preceding page

3 tablespoons red wine vinegar, and freshly ground pepper. When done, slip the skins off, cool. Cube beets and marinate in the refrigerator in 1 egg white, 3 tablespoons safflower oil, 6 tablespoons red wine vinegar, pepper to taste. Shred 1 head cabbage; add fresh ginger to taste, beets and their marinade. Mix all together, arrange on a platter, garnish with fresh watercress.

Hot papaya-zucchini: Scrub and thinly slice small, narrow zucchini and baby mushrooms. Put in a nonstick pan with 3 tablespoons water, 1 tablespoon snipped chives, 1 tablespoon parsley, 1 tablespoon dill, and ½ teaspoon butter. (This method is semi-steaming which is especially good at drawing out flavors of freeze-dried herbs if you use them.) Cover and cook until water evaporates; uncover, turn heat to low, and sauté until dry. Just before serving, add diced fresh papaya. *Richard Simmons, owner of Ruffage and The Anatomy Asylum in Beverly Hills, Calif.*

Tunisian salad

From Paula Wolfert, author of "The Mediterranean Cookbook"

INGREDIENTS

1 cup ripe tomatoes, peeled, seeded, chopped
1 cup onion, chopped
1 cup sweet green pepper, seeded and diced
2 teaspoons hot green chili peppers, seeded and finely chopped
1 cup green apple, peeled, cored, and diced
1½ tablespoons wine vinegar
4½ tablespoons olive oil
1 tablespoon dried mint leaves, pulverized
Salt, pepper to taste

METHOD

☐ Combine all of the vegetables and the fruit in a bowl. Add the vinegar and oil, then toss well. Then add the mint, salt, pepper, mix again and serve at room temperature. Serves 4-6.

Vegetable mélange

Maurice Moore-Betty, New York food authority

INGREDIENTS

2 carrots, scraped
1 small celery root (if in season), peeled
2 small turnips, peeled
3 small zucchini, scrubbed
½ pound very young green beans (if more mature, blanch 1 minute in boiling, salted water)
2 tablespoons butter
2 tablespoons oil
Vege-Sal (Gaylord Hauser vegetable seasoning salt)
1 handful watercress leaves

METHOD

☐ Cut carrots, celery root, turnips and zucchini into matchsticks. Wash, top and tail green beans. Reserve vegetables in separate bowls.

☐ Heat 1 tablespoon each butter and oil in a wok. Turn heat to high and add carrots, celery root, turnips, beans; cook quickly while stirring. Add more butter and oil as needed.

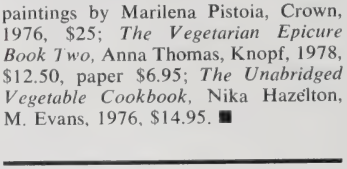
☐ Test now and again, and as soon as rawness begins to disappear, throw in zucchini and a teaspoon seasoning salt. Stir 1-2 minutes longer. Taste for seasoning, add more Vege-Sal if necessary. Just before serving, stir in watercress. Serve immediately. Serves 6.

A selection of vegetable cookbooks:

The Edible Ornamental Garden, John E. Bryan and Coralie Castle, 101 Productions, 1974, $3.95; *A Book of Vegetables*, Marina Stern, Lyceum Books, 1978, $13.95; *The Complete Vegetable Cookbook*, Mary Norwalk, Harbor House, 1978, $12.50; *Home Growing*, Edwin Stefiek, St. Martin's Press, 1977, $15.95; *Growing for Freezing*, Macmillan, 1976, $8.95; *A World of Vegetable Cookery*, Alex D. Hawkes, Simon and Schuster, 1968, $10.95; *The Complete Book of Fruits and Vegetables*, Francesco Bianchini, Francesco Corbetta, paintings by Marilena Pistoia, Crown, 1976, $25; *The Vegetarian Epicure Book Two*, Anna Thomas, Knopf, 1978, $12.50, paper $6.95; *The Unabridged Vegetable Cookbook*, Nika Hazelton, M. Evans, 1976, $14.95. ■

CORRECTION

Make this small adjustment to the metric chart, page 46, January 1979.



The new metric standard measure

Humanizing the house
continued from page 109

just like those of the 19th century; and Philip Johnson and John Burgee, who, in a work like the projected American Telephone and Telegraph Co. headquarters for New York City, are trying to create a new form of skyscraper that will allude to history on the scale of a huge building just as Venturi's and Moore's and Stern's houses do on the scale of small ones. A.T. & T. is to be a 600-foot-high skyscrape of granite with an 80-foot-high arched en trance at the bottom, an open colonnad at its base, lots of moldings and column and other such classical details, and then at the top, a 30-foot-high broken pedi ment, its center scooped out in a form tha seems to be a cross between the 18th century visions of French architect Boullé and the 18th-century furniture of Chip pendale. Indeed, the whole thing migh be called the world's first Chippendal skyscraper.

The A.T. & T. building will not look muc like anything else going up today, any mor than the houses of Richard Meier loo like those of Charles Moore. I'm n bothered by this—in fact, I'm pleased b it, because I think what is most importan of all about what is going on right now i not that we are evolving a new style, bu that we are edging away from the very ide of the style at all, as we have known it.

There are no rules today, and there is n longer a belief that there is anything s simple as a "spirit of the age." That's why th confusion a number of architects feel is n surprising—there are no direct and simpl models today, the way there were in the ag of the modern masters, when there was on right way to do things. But if our age is les able to seek packaged solutions, that shoul make it more able to think through problem from scratch, for there is no longer the temp tation to let fort 'as do our thinking for us

So if there is any truth to be stated abou our time, it is not that modernism is dea it is that *ideology* is dead. There is n longer any belief that dogma will do ou work for us: there is no longer a certaint that there is one true way to the making good architecture. Many styles are valid— each has a certain place if it can be justifie by factors of program, client preference and so forth. We will continue to see a lot buildings in a lot of different types, includin many that we would consider "modern" i derivation. The point is that when suc buildings are made today, it is not becaus of any belief that they are showing us th one true route to the Kingdom of Arch tectural Heaven—it is merely because th happened to do the job in that particula instance.

This end of ideological basis for arch tecture can, in the worst scenario, lead chaos. But in a more ideal sequence events, it can free us to get in touch wi architecture's basics more than we ha done for generations. Post-modernism, ne revivalism, historical allusionism, whatev you call it, is *not* just picking up a cu little split gable or a piece of ornament: is being free enough from dogma to d that where it seems appropriate, and to d something else where that seems to mak sense, too. If architecture comes to focu more and more on what brings pleasur rather than on what is correct according

Continued on page 15

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SF/SH/2

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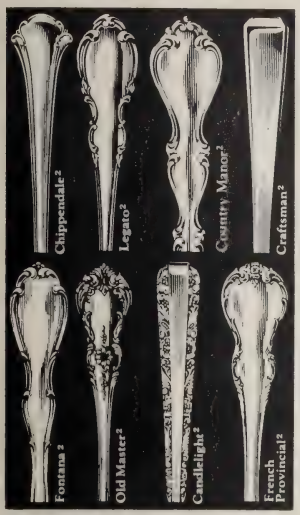
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Humanizing the house

continued from page 148

some abstract theory, it is altogether likely that post-modernists will deal more seriously with questions of space, scale, plan, composition, procession, and so forth—with architecture's very fundamentals—than previous generations have done. The work of the best designers around today succeeds for that reason—their rhetoric aside, they know the basics, they know how to make space and plan and form, and they care more about this than about theories.

Richard F. Brown, the director of the Kimbell Museum in Fort Worth, the great Kahn building finished in 1972, once told me he hired Louis Kahn to do the design because "I thought he would approach the problem of designing a museum as if for the first time, like Adam." That attitude, that freedom from theory but devotion to a basic search, is something that architects should have been doing all along, and the fact that more of them are doing it today makes this, for all its confusion, a time of great excitement and promise.

A quieter life

continued from page 105

the sound and prevents it from bouncing back and forth on itself. Adding soft things like upholstered chairs or ottomans can also help by absorbing the sound.

Reverberation noises from household equipment can be reduced by remounting washing machines, for example, on rubber pads, or by fixing the equipment with rubber mounts into a cabinet or wall in such a way that it does not move—since sound is basically vibration. In Dr. Bose's kitchen, he has installed wooden slats in the ceiling above the sink, with a layer of fiberglass between the slats and the roof, so that the sound goes through the slats and is absorbed by the fiberglass.

Carpets are well known to ease sound problems. A test done by Kodaras Acoustical Laboratories in Elmhurst, N.Y., revealed that carpet substantially reduced three kinds of noise—airborne noise, floor surface noise within a room, and impact noise to rooms below. All types of carpet will have this effect, but the best possible results are obtained from a high pile and a cushion of foam rubber, all-hair, all-jute felt, or a combination of hair-jute-foam rubber latex. Walls also can be covered with carpet, fabric, or padding for sound absorption.

Assuming that you have tried to "acoustic-ize" your home and still feel the need for a more noise-free environment, other devices are available. Earplugs are made in a variety of designs (Caswell-Massey in New York sells "Boules Quies" Ear Plugs at $3 for a box of 14), but a more contemporary technique—a "psychoacoustic record"—has been invented by Syntonic Research, a company which produces records and tapes of what they call "Environments," for instance, *The Ultimate Seashore*, *Wind in the Trees*, *Gentle Rain in a Pine Forest*, and *The Ultimate Heartbeat*. Mike Kron, of Syntonic Research, explains that what they are really producing is "synthetic sound," i.e., a white sound that blocks out or neutralizes other sounds. "People basically don't like silence," he says, "so we create a soothing, peaceful sound, designed to be played at low volume, that you can read to, sleep to, meditate to, or relax to."

Whether we are really beginning to control the noise in our environment is questionable. The Noise Abatement office of the EPA is certainly working at it. Dr. Bose believes that more and more architects are learning about acoustics and will design new homes accordingly. They are already practicing these skills in restaurant design—and look how designers succeeded in controlling car noise. Dr. Bose also thinks that as interest in good music grows, and as more sensitive sound equipment becomes available, people will realize that they could enjoy better sound. We are becoming more expert about the sounds around us—and in this way knowledge of acoustics is entering our lives. ■

Auction action

continued from page 106

burden is on the buyer to decide what damage or what restoration there is and how that will affect his bid. (In this light, always remember never to bid on something that you have not seen during the presale exhibition, even if it seems to be going very cheaply. Some of those "off the cuff bargains" can be expensive mistakes.) Remember, you *are* buying something used, so don't be disappointed by small chips and scratches. Just know about them before you bid.

But how to decide what to bid? A comparison with comparable modern items might give you a basis for value. After all, a modern china bowl with painted designs may cost $25. Spending at least that much for a hand-painted 19th-century bowl is clearly not out of line. Go to several auctions. Visit antiques stores. Certain items always seem to command roughly the same prices.

Bidding

Try to attend at least one sale before you begin to bid yourself. You will become more comfortable and have less fear (fear will be overcome by the excitement of competition for the item which you have chosen and researched). Become used to the style of auctioneering at the salesroom you have selected. Some auctioneers chant or sing the bids, while others simply call out bids in a very easy-to-understand manner. Learn bidding "increments." These are the ing levels of bids that the auction accepts between each bid. If, for exa ple, a painting with a presale estim of $100/$200 is being sold, the a tioneer may start the bidding at $30 raise the bidding by $10 increments each bid, from $30 to $40, then to $ and so on. Leading auction houses h guidelines such as the following: If bidding is from $10-$200, there is a $ increment; if it is from $200-$500, th is a $25 increment; if it is from $5 $1,000, there is a $50 increment; from $1,000-$2,000 there is a $100 crement. Each auctioneer, howe may use his discretion to change the crements depending on the "inter (number of people bidding at one tin on the lot. If there are many people terested, the bidding often goes a faster clip and the increments incre as rapidly.

Outbidding the dealers

At most auctions, you will see gro of men and women clustered toget (usually at the rear of the salesroo These are the dealers, the professio of the antique world, whose living pends on getting items at wholes price or below. Don't let yourself be timidated by their boisterous behavi If you have done your homework, have the distinct advantage over dealer who will usually not pay m than his predetermined "market pric Remember, the dealer must raise price to his customers in order to co his overhead (in many cases, re prices can be two to four times the a tion price for antiques and works art).

Now that you have built up your c fidence and are prepared to bid, th is one last almost sacred rule for buy at auctions: *"Pick a maximum pr and stick to it!"* During the excitem of an auction and the occasional "ba between bidders" there are those w ners who turn out to be losers. So people new to auctions get carried a and end up begging the auctioneer take back items for which they h overpaid. Buying at auction is a le contract. When you raise your hand paddle and the item is "knocked do (at the fall of the auctioneer's hamm to you, at a certain price, it is your sponsibility to pay for and pick up t lot of merchandise. So set your high price firmly in mind and try not to beyond it. You will find that ma times you will pay only a fraction your maximum bid. But if you m your lot, there will always be anot chance to buy another similar ch lamp, or painting at other auctions. C tainly you will be much happier kno ing that you waited and purchased real bargain!

When you attend an auction, try

a seat in the front half of the gal-
. You want the auctioneer to see
(even the most experienced of auc-
eers can miss your bid if it is too
le). The auctioneer wants to sell
something—leave the secret signs
the winks of an eye to the experi-
d collectors and professional deal-
Don't be shy. Raise your hand or
lle high in an obvious gesture to the
ioneer. After he sees you bidding,
vill continue calling your bids until
are either successful in getting your
or until you drop out of the bid-
. If you are in doubt whether the
ioneer sees your bid, simply ask him.
out your bid, and he will respond
sir, your bid," or if it's someone
s, the auctioneer will say "against
sir" or "not yours" or some similar
se. Then either you can bid higher
efrain from further advances.

tion by mail order

y auction houses offer the con-
nce of permitting a buyer to send
through the mail, telephone (after
ng through and choosing desirable
from the sale catalogue), or to
confidential maximum "order
with a representative of the auc-
house. "Order bids" enable you to
at auctions when you cannot at-
Since auctions are usually held
g standard weekday working hours,
r from where you live, it is often
nient to attend the exhibition on
urday or an evening after work and
your bid with the house. They
id up to, but never beyond, your
mum bid. If, for example, you
an "order bid" for $200 on an
tal carpet, the house will bid on it
u for no more than $200, but pos-
for $100 or $150. In other words,
e bid more than the last bid in the
The auction house will try to
it easy for you to bid at sales,
er you bid in person, send a bid
gh the mail, or leave a bid with the
during the exhibition period.

words of advice

fantasize about finding a museum-
object for a song. You *can* often
rgains at auctions, and occasion-
ick up a rare find. But on the
, expect to pay a fair price, the
et price" for auction objects. This
way to enjoy and find satisfaction
tion. ■

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COVER
Sofa: 89″ x 36″ x 32″ h. x 17″ sh. Two loose seat cushions. Four back pillows. Rolled arms. Ruffled skirt. $975, COM. At W & J Sloane, NYC 10018.
"Bel Ete" cotton glazed chintz on sofa and on chair and ottoman cushions: $60 a yd. **"Villette" cotton fabric on ruffled trim and two throw pillows:** $24 a yd. Both from Manuel Canovas*, NYC 10022.
Wicker chairs: 34″ sq. x 36″ h. Loose seats. Rounded back cushions. **Wicker ottoman:** 25″ sq. x 13″ h. Loose seat cushion. In natural or custom painted. All from Walters Wicker*, NYC 10022.
Paint on wicker furniture: Custom color DL.48. High gloss. Oil base. By Janovic/Plaza, NYC 10021.
Parsons style cocktail table: 38″ sq. x 16″ h. Radius corners. Laminate finish. From Design Institute America*, NYC 10021.
Wicker table: 48″ x 24″ x 30½″ h. c.1920. From Bar Harbor. Latticed panels. Braided trim. In green. At The Wicker Garden. NYC 10028.
"Shanghai" stack table: 22″ x 16″ x 9″ h. Apricot lacquered linen. One of stack of three. From Roundtree Country Reproductions*, NYC 10021.
Covered porcelain vase on wall mount above sofa: 10″ x 20″ h. 19th c. From China. **Porcelain chargers upright on wicker table and on cocktail table:** 13½″ d. and 16″ d. 19th c. From China. All at Nuri Farhadi, NYC 10022.
White lacquered wall bracket: 8″ x 16″ x 17″ h. **Vase on bracket:** 17½″ h. 19th c. From China. **On stack table: Leaf-shaped compote:** 10″ x 9½″ x 2″ h. **Glazed porcelain vase:** 4″ x 6½″ h. All from John Rosselli*, NYC 10021.
Wall-mounted faïence plate: 14¾″ d. c. 1800. One of a pair, $900 pr. At Objets Plus, NYC 10021.
Ceramic cabbage tureen and plate: 16″ x 10″ h. From Circa David Barrett*, NYC 10022.
Paint on walls and latticework: "Fresh Green" flat latex. By Pittsburgh Paints.
Handmolded terracotta tiles: 9½″ sq. From France. At Country Floors, NYC 10021.

GIFFORD APARTMENT
Pages 96-99
Pillow fabric: By Marimekko. At Design Research, NYC 10022.
Ficus and daisy plants: At Tony's Flower Store, NYC 10021.

NEW BATH DESIGNS
Pages 110-113
"Edwardian" wall mounted bath mixer: Hand shower attachment. Porcelain handle. Polished brass, chrome, nickel, or gold finish. $350. By Czech and Speake. **Wall-mounted shower head:** Polished chrome, brass, or gold finish. Red, blue, brown, white, black, and beige enamels. $75. By Zazzeri. Both from Fearless Faucets*, Garrison, NY 10524.
Ceramic mosaic tiles (Page 112, bottom right): By American Olean.
Free standing molded fiberglass shower stall kit: 36″ d. 75″ h. Assembles with screwdriver and hand drill. Can be used outdoors. $170. By Swan. At Hill-Behan, St. Louis, 63133; Forest City, Cleveland 44130. In the J.C. Penney Spring-Summer 1979 Catalog.
Molded plastic bath accessories: Basket, $10. Tissue box, $8. Soap dish, $3.50. Tumbler, $2.50. In black, yellow, white, navy blue, and burgundy. **Swivel mirrors:** White or brown frames. $15 ea. **Magnifying mirrors:** White or brown frames. $4 ea. **Crocheted sisal bath strap:** $6. **Mitt:** $4. All at Bloomingdale's, NYC 10022.
Pine bath accessories: Double hook, $8. Toilet-roll holder, $11.50. 6-hook rack, $15. Shelf, $12. Toothbrush holder with ceramic mug, $12. All at Conran's, NYC 10022.
Stainless steel vanity: Black marble top. Ceramic sink. Silver finish. "Arcadia" chrome finish fittings. $3,500. From Paul Associates*, NYC 10022.
Shatterproof plate glass makeup mirror: 18″ x 24″. Chrome or brass finish. Holds 10 25-watt bulbs. $100. **"Giant" tub thermometer:** Brass and glass. 1′ long. $89.50. **Plastic vanity:** Swing out seat. Storage tray. $259.50.
Cordless electric digital scale: 13½″ x 11½″ x 1¼″. "Touch Toe" plate to turn on. Turns off automatically. Weighs in kilos or pounds. $60. All at Hammacher Schlemmer, NYC 10022.
Solid nylon wall hooks: Proj., 4″. Backplate: 2¾″ d. **Toilet-roll holder/towel ring. Wall-mounted soap dish. Wall-mounted cup holder. Offset pull handle:** 6⅜″ center. All in red, blue, yellow, green, white, black, ivory, gray, and olive brown. All from The Ironmonger*, Chicago 60610.
Sculptural bath fittings: Mirrored chrome or gold finish. Same designs available for doorknobs, drawer and cabinet pulls, and door plates. By Sherle Wagner, NYC 10022.
"Prima VI" whirlpool bath: 71½″ x 36¼″ x 18″ h. Master Control Console. No protruding faucets and handles. In seafoam green, dark, medium, and light blue, bone, white, gold, dark brown, red, black, and beige. $1,510. Optional, removable skirt, $80. By Jacuzzi. At Smolka, 101 Park Ave., NYC 10017.
"Harmony" china basin with stainless steel base: "Principe" chrome fittings. Black or brown laminate top. $700. From Hastings Tile & Il Bagno Collection. Through decorators, NYC 10022. Retail, Great Neck, Long Island, NY 11040.
Background: Glazed ceramic tiles: 8″ sq., ½″ thick. From Italy. At Country Floors, NYC 10021. **Ceramic mosaic tiles:** 2″ sq. By American Olean.
"Corian" sheets on counters and lining bath and basin (Bathroom, page 113): 25″ or 30″ wide. Up to 145″ long. Dawn Beige, Olive Mist, Cameo White, or Autumn Gold. By DuPont. **Towels:** By Cannon. Monogrammed by Avanti.

DO-IT-ALL TABLE
Page 120, Top right
"Bobby" desk cart organizer on wheels: 18″ sq. 29″ h. Plastic. In white, brown, red, yellow, and black. $179. At Sam Flax, NYC 10022.
Graph paper date book/calendar: $10. By Don Ruddy. **"Topo" metal clamp-on desk lamp:** In white, green, and red. $88. **"Morsa" polyethylene briefcase:** In white, blue,

Continued on page 192

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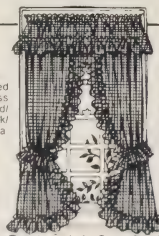
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CURTAIN CORNER, Paradise Green, Dept. G9-2, Stratford, CT 06497

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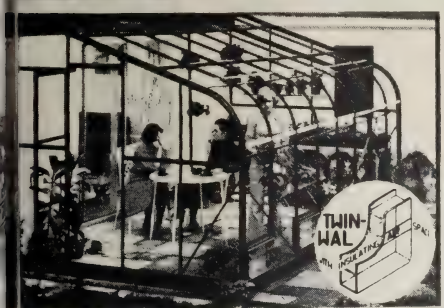
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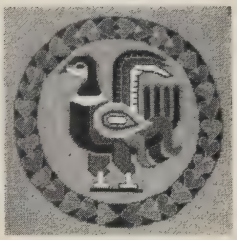
om ensemble "Grace" made of all Dacron® white organdy, hiffli embroidery in white, blue, pink, lime, gold, red, Washable. Spreads: twin $45, full $52.50, queen $80, 90; pillow sham $11, canopy: twin $31, full $33. Ppd. ns, material to match. Free catalogue. Courtney House, Skippack and Butler Pikes, Broad Axe, PA 19002.





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Our colorful, plump, feathery arrangements are 5′ tall.
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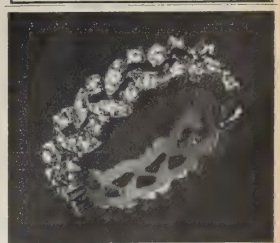
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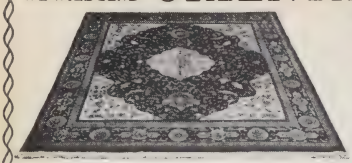
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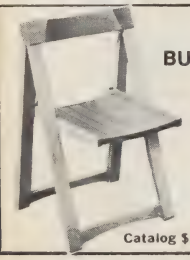
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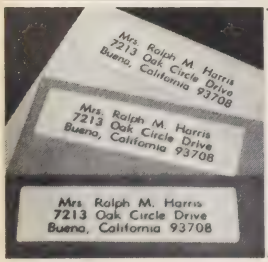
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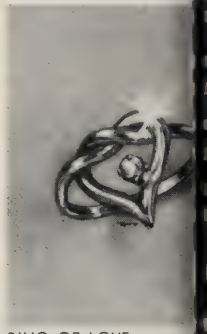
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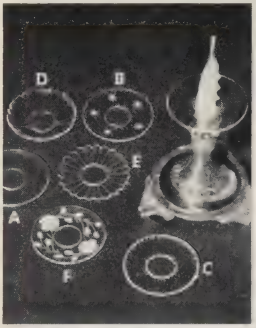
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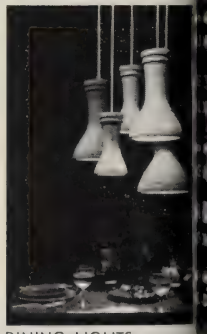
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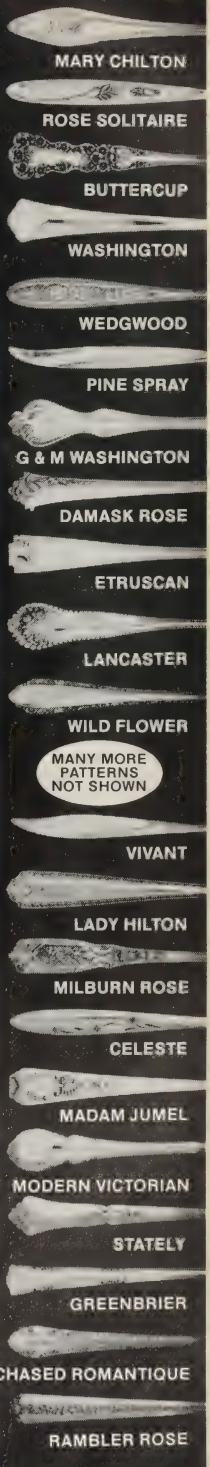
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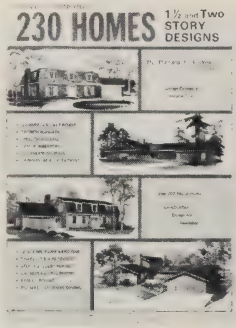
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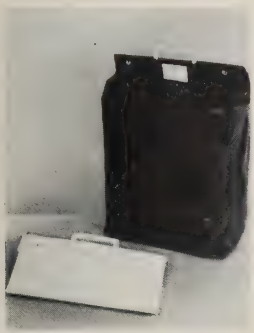
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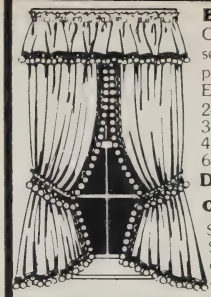


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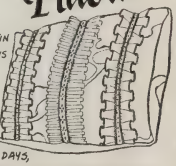
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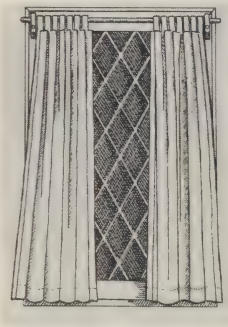
Cork-topped glass canisters handsomely encased in natura tan that gives a decorative l every kitchen. 60 oz., 47 oz., 3 For rice, dried beans or pasta. tan removes for washing. $1 plus $2 post. Catalogue Fran's Basket House, HG2, 10, Succasunna, NJ 07876.

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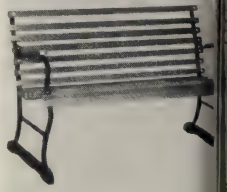
HARRINGTON INDUSTRIES, LTD.
1950 BROADWAY, HG 2, ROOM 1110
NEW YORK, N. Y. 10019





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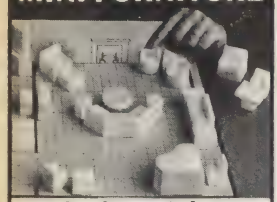
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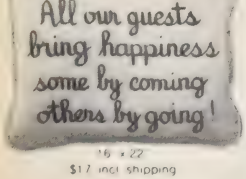
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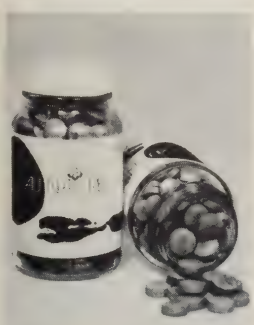
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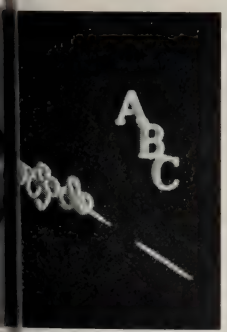
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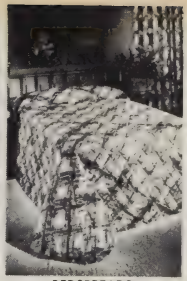


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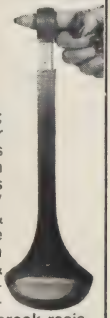
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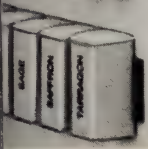


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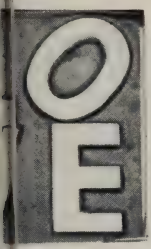
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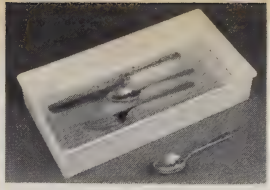
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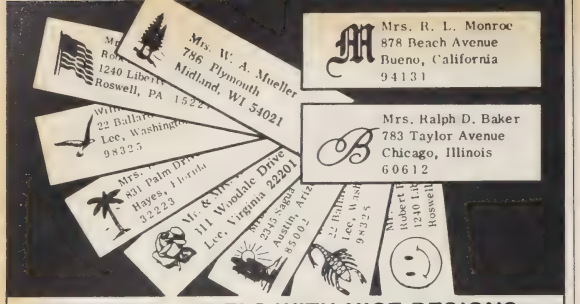
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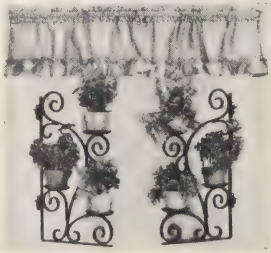
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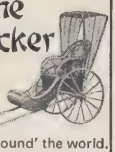


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Contemporary footstool for grown-ups, bench for kids or extra for parties is framed in plated brass. Thick cushion is covered in wipable vinyl in white, gold, sable brown or black. 18" w., 12" d., 9" h. (Order HFSB-18) $54 ppd. St. Nicholas Boutique, HG2, Santa Claus, IN 47579.



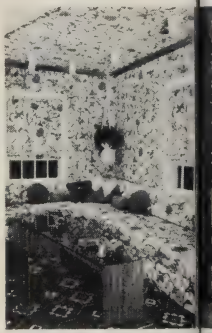
SEAWORTHY BELTS

Sailcloth regatta belts with brass rings sport three monogram. Choose navy, green, red or khaki with or white monogram. XS S (30-32), M (34), L (36 (40-44). $11.50 ppd. Irre HG2, 150 W. Faneuil Hall place, Boston, MA 02109



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All-cotton chamois cloth, napped inside and out for extra warmth. Leather-smooth, washable. Royal or cornflower blue/navy/Sherwood or seamist green/rust/chocolate S(8-10), M(12-14), L(16-18). Full-length $34; below-knee $30. Add $1.50 post. Especially Maine, HG2, U.S. Rte. 1, Arundel, ME 04046.



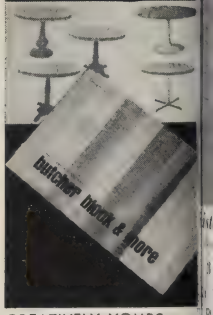
CREWEL FOR INTERIOR

The total look for hand-e ered wool flowers on ha cotton from India. Cove ceilings, shades, sofa. 50" yd. ppd. Also ready-ma spreads, tablecloths. Send stamps for color cat swatches. Gurian's Dept. G Fifth Ave., New York, NY



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Wear a good-looking Port-a-Key® stretch bracelet to end all that purse digging. It's handcrafted of branded wooden beads, honey-colored spacers. Now you always know right where your keys are. $3.95 plus 75¢ post. Free color brochure. TWM Enterprises, HGW, Box 266, Wilton, CT 06897.



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s in color come on 12-mesh , with yarns, instrs. "Hand- prince", 10" sq.; "Like my "Like my plants" and "Like rse" are 12" sq. $19.95 lus $1.25 post. Color bro- 25¢. Parke Place Needle- Inc., HG2, 932 Tendilla Ave., Gables, FL 33134.



ENTIC COPY

tree of 1910 when golden gned supreme. "Staghorn" hooks, white button tips. drawer is lined with old per reproductions. 78"h. w. by 12"d, $159.95 exp. talogue, fabric samples $1. ia Hall, HG2, 726 Andover, GA 30327.



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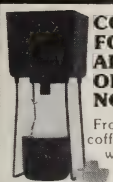
Sterling in active, inactive and obsolete patterns. Prompt delivery. New pieces daily, hard-to-find items. Send pattern name, manufacturer for up-to-date list and discount prices; or ask for free pattern booklet. Walter Drake Silver Exchange, HG30 Drake Building, Colorado Springs, CO 80940.



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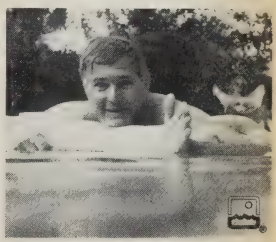
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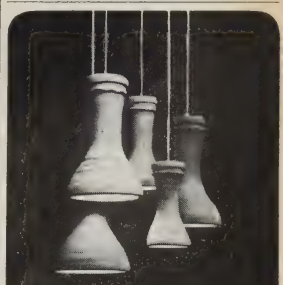
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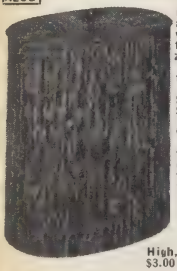


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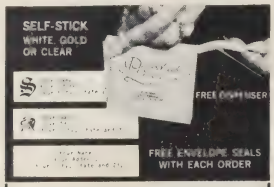


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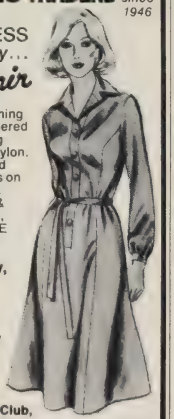
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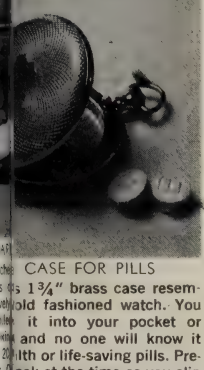
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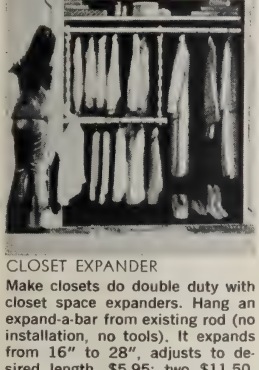
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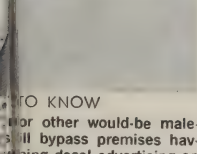
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TO KNOW

or other would-be male- ll bypass premises hav- ning decal advertising an stem. Self adhesive vinyl are bright yellow and : of four, $1.98 plus 35¢ hony Enterprises, HG2, d St., San Francisco, CA



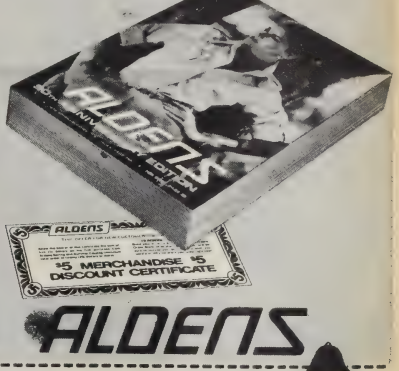
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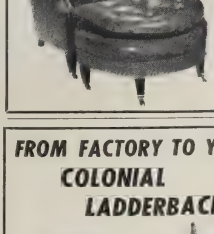
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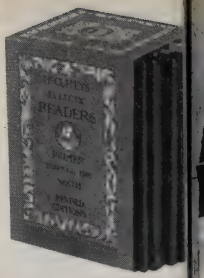
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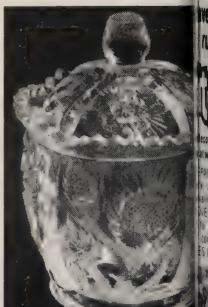
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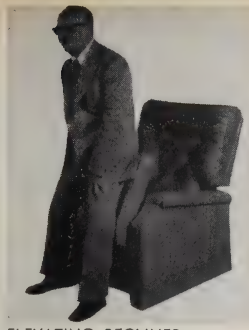
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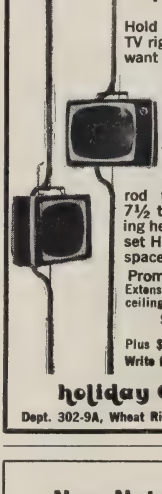
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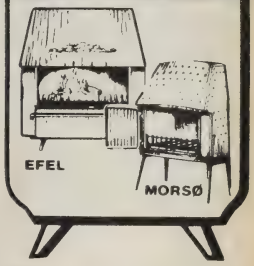
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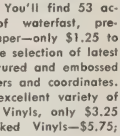
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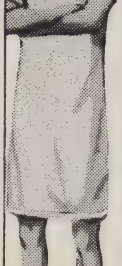


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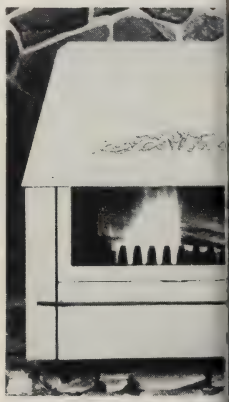
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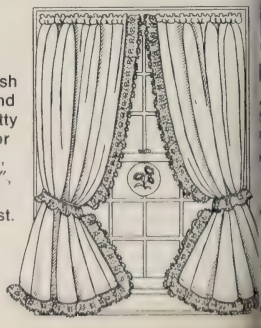


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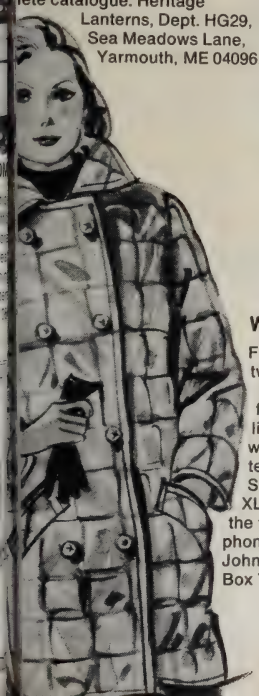
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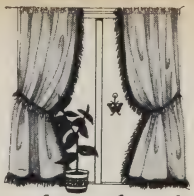
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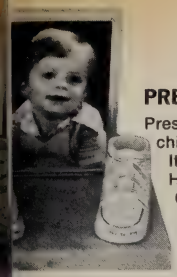
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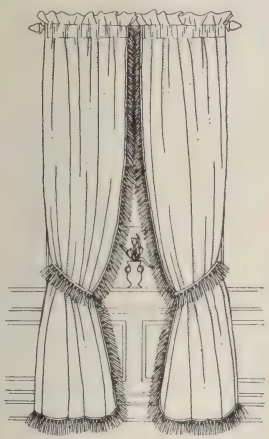


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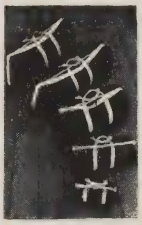
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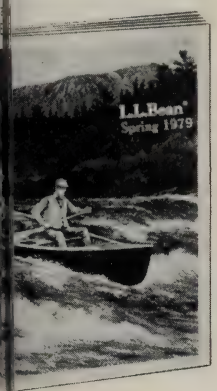
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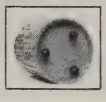
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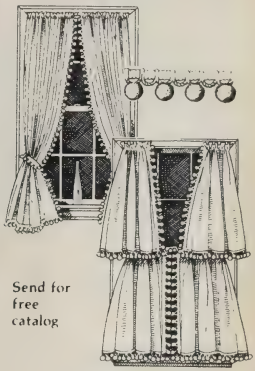


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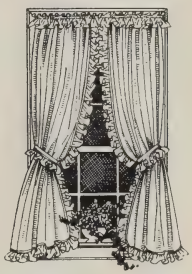
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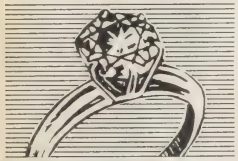


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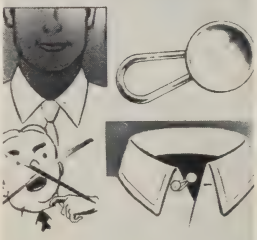


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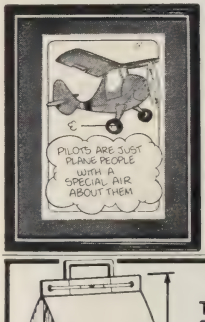
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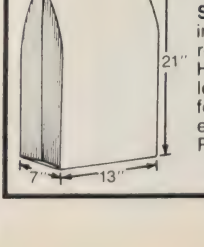


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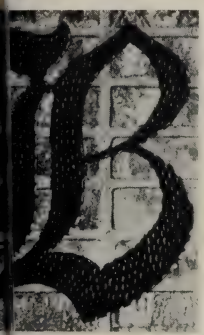
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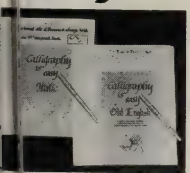
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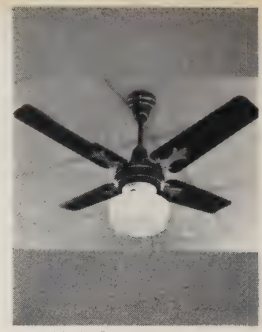
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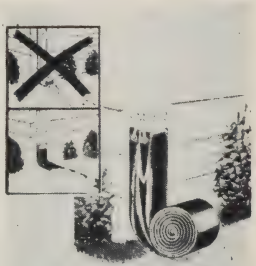
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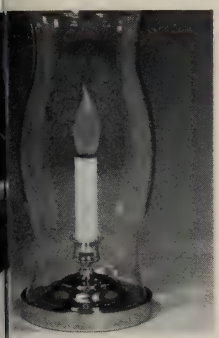
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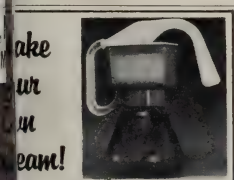
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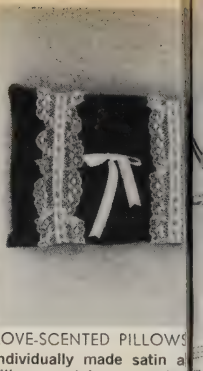
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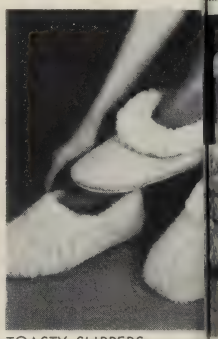
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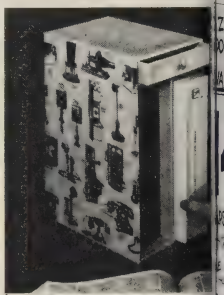
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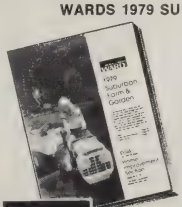


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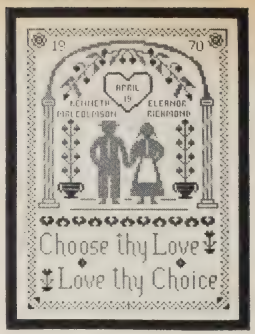
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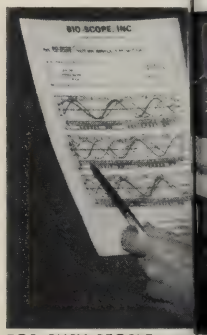
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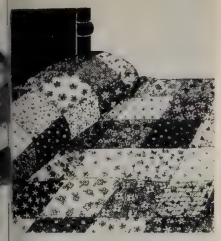
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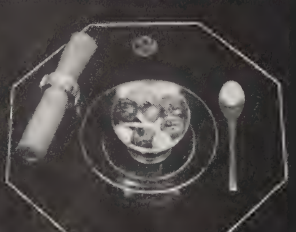
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Dept. G29
9206 Curtis Ct.
Upper Marlboro, MD 20870

designers Carousel



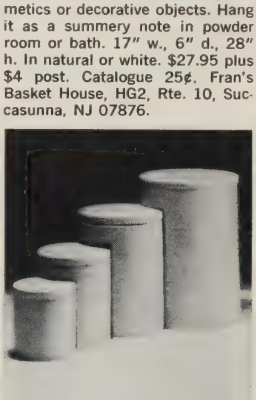
SUMMERY WALL DUO

Mirror framed in rattan has rattan trimmed shelf to hold flowers, cosmetics or decorative objects. Hang it as a summery note in powder room or bath. 17" w., 6" d., 28" h. In natural or white. $27.95 plus $4 post. Catalogue 25¢. Fran's Basket House, HG2, Rte. 10, Succasunna, NJ 07876.



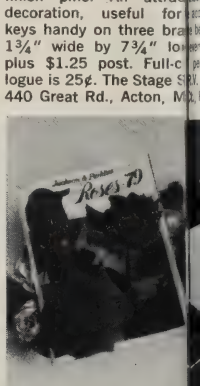
CHICKADEE KEY BOA

Handpainted with fine
New England artist ove
finish pine. An attrac
decoration, useful for
keys handy on three bra
1¾" wide by 7¾" lo
plus $1.25 post. Full-c
logue is 25¢. The Stage
440 Great Rd., Acton, M



CONTEMPORARY COMBO

A sleek space saver. Nesting stoneware canisters with fitted sides. They range from 4" to 8" high and form compact foursome, 16" long. Colors: oyster, rust, brown. Ideal for the home or as a gift. Set $34.95 plus $2.50 post. Write to Designers Carousel, G29, 9206 Curtis Court, Upper Marlboro, MD 80870.



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Now is the time for all h
deners to choose their
eties. Jackson & Perkins'
catalogue features the lat
winners as well as old
Fine bulbs, vegetables, f
included. Free. Write to R
34-F Rose Lane, Medf
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SPIRITED DANCER

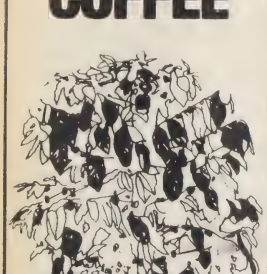
Polished hardwood jointed figure has his origin in 15th c. Wales. When a rhythm is tapped on the paddle, he bounces into action with the taps. Comes assembled with pole and paddle. 10" h. Fun for young and old. $8.50 plus 75¢ post. Plan-It-Kit, Inc., HG2, Box 429, Westport, CT 06880.



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Half-log design using pre-c
or Lodge Pole pine. 6"
batt insulation in wall
$3900 up. Kit includes ev
needed to build. Brochur
13 models. $3.50; or de
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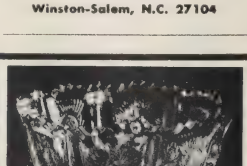
To order send check or money order to Specialty Merchandise, Dept. H.G., P.O. Box 14206, Atlanta, Georgia 30324.

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Fingerless glove keeps hands warm, day and night. Leaves fingers free to write, cook, etc. Dr. John Graham, Prof. at Univ. of North Carolina Medical School, recommends that it may help relieve your arthritis pain. **Make nice gifts! Sizes: Men's Women's. Color: Medium Blue. Money-Back Guarantee. $5.95/pair, ppd.**

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Winston-Salem, N.C. 27104



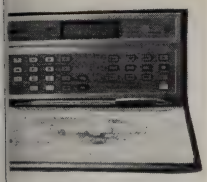
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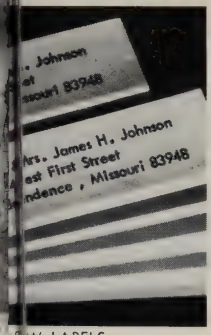
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shion, canvas covered, side
25"w., 27"d., 25"h.
e, color-fast chocolate,
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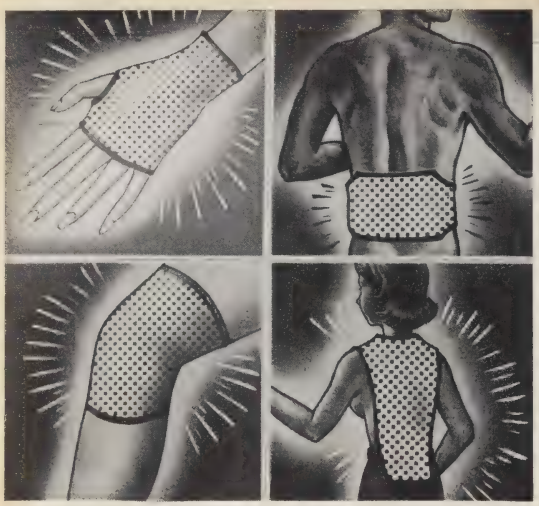
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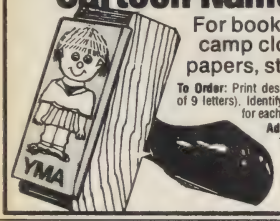
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Cartoon Name Stamps



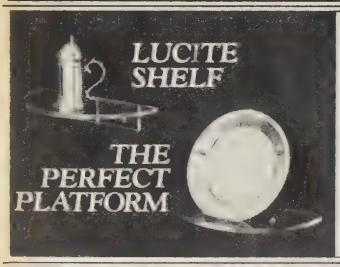
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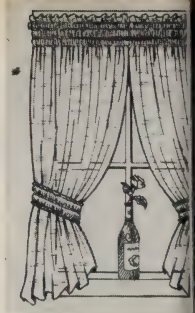


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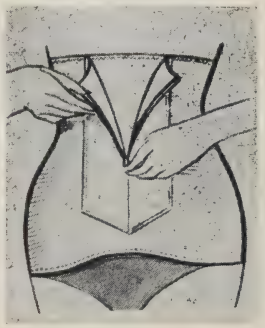
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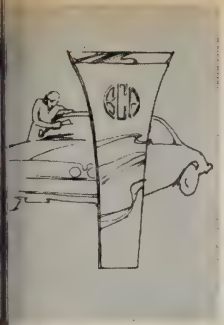
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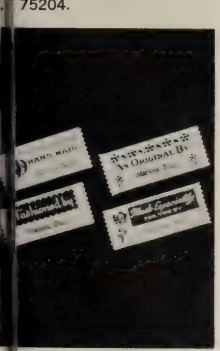
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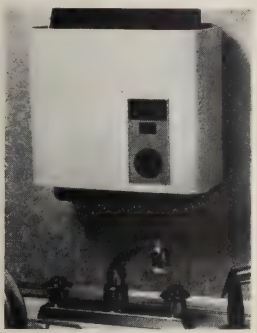
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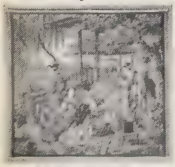


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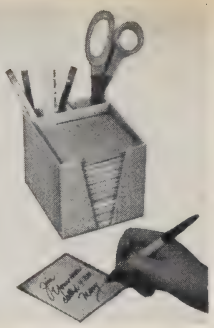
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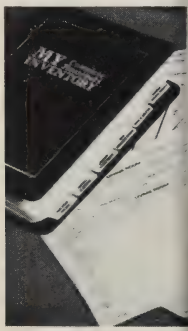
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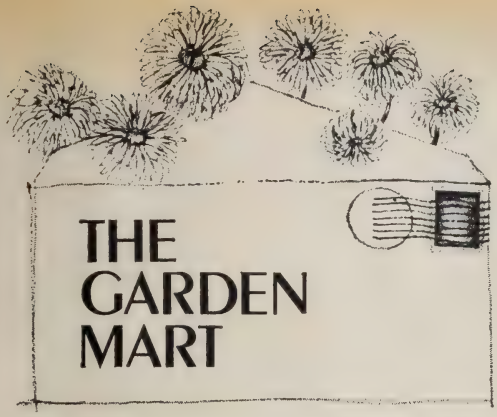
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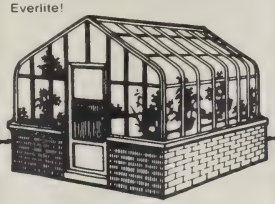
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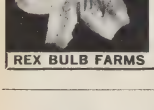


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GARDENER'S NOTES



By James Fanning

All-America Selections

plus news about roses, ivy screens, radical radishes, popular narcissi

WINNERS FOR PLANTING

It's seed-ordering time, and this year there are even more than the usual number of fine new flowers and vegetables to plan on growing next summer. Thinking first of the edible part of the garden, a new tender-pod pea might well head the list of things to try. Named *Sugar Snap*, it has a thick, succulent pod very much like that of snap beans. Sweeter and more tender than any bean pod, though, it is best when eaten raw, snapped into bits for a salad, or served right off the vine as an appetizer. Sugar Snap has been awarded a gold medal of the All-America Selections, the first introduction to be so honored since 1977. Other All-America selections for 1979 are the pepper *Dutch Treat*, kohlrabi *Grand Duke*, squashes *Sweet Mama* and *Early Butternut*, and cucumber *Saladin*. Among flowers, marigold *Queen Sophia*, nicotiana *Nicki-Red*, pansy *Orange Prince*, and zinnias *Gold Sun* and *Peter Pan Gold* have all been given bronze medals. And the pepper *Holiday Cheer*, both edible and decorative, has also been awarded the bronze medal. Very much like the familiar Jerusalem cherry, this makes a low, compact plant st with cream-colored fruits that bright red as they mature. Unlik Jerusalem cherry, however, the cl sized fruit is edible—if you like i that is. The All-America selectior 1979 will be available from mail- seed houses and garden shops where for spring planting or, lat the season, as started plants. Loo the red-white-and-blue shield on packets and plant labels.

Sugar Snap pea is a heavy cropper



YEAR OF THE ROSE

Change being the order of the day necessary to report that the Conarc Co., of West Grove, Pa., is no longe ing roses by mail. The Conard-Pyl of *Star Roses* will hereafter be ava only through nurseries and garden —just look for the star-shaped t your local source of supply. Since has been designated "The Year o Rose," anyone who wishes to observ event can still order plants by mail Jackson & Perkins, Medford, 97501, or from Armstrong Nurs P.O. Box 4060, Ontario, Calif. 9 Both firms have long lists of outstar introductions to their credit, and send out free catalogues.

VINES FOR SCREENIN(

Albert Keidel used ivy on a chain fence to solve a bothersome proble screening (see page 100). English quick-growing and evergreen, is for the relatively mild climate of I ericksburg, Tex. Plants set about a apart, liberally fed with a fertilizer nitrogen (10-5-5), and well wat will reach a height of 6 to 8 feet few months. Pruning of tips and i weaving of stems will make the s dense. Baltic ivy—Hedera helix B —is considerably more hardy tha English variety, but neither can ho leaves in wind that blows through at temperatures below freezing. groundcover, of course, or on a v proof wall, both Baltic and Englis hardy, stay evergreen far into the n A source for several kinds of ivy- indoor, as well as outdoor plantin The Alestake, Elkwood, Va. 22 catalogue, $1.

RADICAL RADISHES

Let your radishes go to seed? Traditi gardeners wouldn't think of it, but there's a variety with seed pods tha just as edible as the roots. Harv when still tender and juicy—abo inches long—the pods are crisp peppery, making an intriguing comb tion with leafy greens in a salad.

ots are edible too, of course, being ng and white and big enough to be iced into ribbons and served, German yle, with beer. Even the name suggests e use: Munchen Bier, from the tradi- onal home of the beer-and-radish com- nation. Seeds of the Munchen Bier dish will be available for spring plant- g in 1979 from Thompson & Morgan, ox 100, Farmingdale, N.J. 07727, hose catalogue is free for the asking.

POPULAR PAPERWHITES

ney're usually thought of as beginners' ants, but paperwhite narcissi are attrac- ve enough, and satisfying enough, to erit the attention of expert gardeners well. But even the experts need to be minded occasionally that you have to gin with plump, firm, heavy bulbs, free om bruises and blemishes. To force operly, the bulbs must have a good pth—2 or 3 inches—of porous ma- rial under them for the roots to pene- ate. This may be coarse sand, broken ashells, or pebbles small enough to low growing roots to shove them aside. he bulbs should be placed on the root- g material with only enough of the bulb tried to hold it upright, with plain water ided to barely touch the bulb's base. he planted container should then be aced in a cool, dark place—in your frigerator if there's room—until the hite roots are about 2 inches long. By is time the tops should be growing, too, take the whole thing out to a sunny ndowsill and watch the flowers pop . Don't let the roots become dry, keep e plants as cool as possible—short of eezing, that is—and the flowers will last r a couple of weeks. Meanwhile, have other batch coming along. It pays to y your bulbs early in the season, while ocks are still plentiful—in a plastic ck in the vegetable bin of your refrig- ator, they'll keep until needed.

perwhite narcissi need little attention





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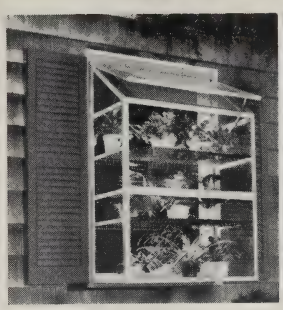
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'COOK WITH LOVE" and find out for elf. Here are some recipes to get you ed on your love affair with Amaretto ronno, the original amaretto. These ages of mouth-watering recipes and ting photographs are brought to you Foreign Vintages, Inc.

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13. DRYING FLOWERS THE MICROWAVE WAY? GE tells you how. If you're an aspiring hobbyist, this 6-page booklet will tell you how to dry flowers in a microwave oven. It lists the materials you'll need, success tips, and step-by-step instructions. General Electric Co.

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15. EASTER EGG DECORATING IDEAS. Easy, inexpensive creative things to make from eggs and eggshells, using cold water fizz tablets for instant bright colors. This 11-page booklet displays and gives directions for making many designs to help make Easter more special. Plough, Inc.

16. DESIGNER CLOCK COLLECTION combining Quartz accuracy with a new dimension of elegance. Seiko Quartz Designer Clocks are shown in this handsomely illustrated color catalogue. Choose a travel alarm clock with a synchronized second hand or a modern wall clock from the 54 designs pictured. Seiko Time Corp. $1

17. THE RIGHT TOY FOR THE RIGHT AGE. This little booklet offers valuable information concerning children. While they're still enjoying such favorites as puzzles, playbooks, and magnetic spelling toys, Playtools from Playskool, Inc., can help make playtoys a learning experience. Playskool, Inc.

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"Standard" phone: Dial model. $34.95. At Phone-Tique Gallery, NYC 10021.
Plastic planter: From Beylerian*, NYC 10021.
Page 121, Top photo
Acrylic salad bowl: 18" d., $19. 14" d., $15. 16" d., $17. **Stainless steel servers:** $3.65 pr. **Bamboo trays:** 11" sq. Dishwasher safe. $2.75 ea. **Silver-plated flatware:** 5-pc. placesetting, $11.75. All at Manhattan Ad Hoc Housewares, NYC 10021.
"Pastel Poppy" soup plates: $9.50 ea.
"Rondelet" dinner plates: $12 ea. By Fitz & Floyd. At Bloomingdale's, NYC 10022.
Page 121, Lower photo
Wool durrie rug: 9'3" x 6'. $864. From Stark Carpet,* NYC 10022.
Painting over sofa: "London #3," oil on canvas: 40" sq. From the London Series by Thomas Stokes. $2,800. At Betty Parsons Gallery, NYC 10019.
Garden: By Tom & Jerry Enterprises, NYC 10003.

DECORATING TO KNIT YOURSELF
Pages 122-123
Knitted curtain kit: Window size, 115" x 81", $150.75 ppd. **Knitted blanket cover/throw:** King size, 100" x 92", $66.75 ppd. "Darling" wool: Acrylic, wool, and mohair. Both kits include wool, needles, and instructions. Ribbons not included. Write with window measurements and for other blanket cover prices. By Rusty Quaintance. At Alice Maynard, 133 E. 65th St., NYC 10021.
"Lamsdown" virgin Merino wool blanket: King size, 108" x 90". Nylon satin bound of 4 sides. $95. North Star by Chatham. At The Broadway, LA 90031.
"Elegant Trousseau Lace" polyester and cotton sheets: King size flat, $24. Fitted, $17. Pillowcases, $14 pr. By Fieldcrest.

WINE AND FOOD COVER
Handmade ceramic plate: 12" d. $24. At Groundworks*, NYC 10022. **"Plus" fabric:** Cotton and viscose, a natural fiber. 55½" wide. $12 a yd. Available in February. By Marimekko.

VEGETABLE POWER
Pages 130-131
Background fabrics: "Kesäheila" (Summer Love) fabric: In yellow, spring green, beige, hot pink, sky blue, and navy flowers, on white background. **"Plus" fabric with graph squares and "Minus" striped fabric:** Both in red, yellow, black, cinnamon, muted blue, sky blue, and green, with white. All cotton and viscose, a natural fiber. 55½" wide. $12 a yd. Available in February. By Marimekko.
Handmade ceramic dinner plates (top right and left, bottom right): 12" d. $24 ea. From Groundworks*, NYC 10022.
Hand thrown ceramic plates (center and bottom left): 10" d., $25. 11" d., $30. **Sashimi dish:** 8" d. $25. All at Gordon Foster, NYC 10021.
"Carousel" linen and polyester napkin (bottom left): $3. By Leacock. At Lord & Taylor, NYC 10018.

KITCHEN EQUIPMENT
Pages 130-135
Knives (left to right): Peeling knife: 2¼" blade. Rosewood handle. $7. **Paring knife:** 3" blade. Durawood handle. $9.25. **Chef's paring knife:** 4" blade. Polypropylene handle. $18.50. **Utility knife:** 4½" blade. Durawood handle. $11. All by J.A. Henckels Twinworks. **Zucchini corer:** Stainless steel. Rosewood handle. $3. By Rowoco. At Bloomingdale's, NYC 10022; Filene's, Boston 02101. **Cleaver:** Durawood handle, $34.50. By J.A. Henckels Twinworks. **White nylon mushroom brush:** Cleans mushrooms and other delicate skinned vegetables. $3.50. By Kitchen Connection. At Filene's, Boston 02101; Macy's, Kansas City 64105. **Self-cleaning garlic press:** Cast aluminum. From Austria. $7. By Rowoco. At Bloomingdale's, NYC; Filene's, Boston 02101.
Retractable potato peeler fork: Heavy wire carbon steel. Plastic handle. $3.50. By Charles LaMalle. At Bazaar de la Cuisine, NYC 10022; The Brass Tree, Beverly Hills 90211; Cook's Mart, Chicago 60611. **Crazy knife:** Bent stainless steel blade. Rosewood handle. For coring or scraping vegetables. $3. By Rowoco. At Filene's, Boston.
Potato peelers: Double edged. For left- or right-hand use. Polypropylene handle. $2.95. Single edged. Beechwood handle. $2.95. By J.A. Henckels Twinworks.
All knives from J.A. Henckels Twinworks: High carbon "no stain" steel blades. At Macy's, San Francisco 94108.
Three-bladed chopper: 13½" long. Wooden handles. $32. At The Bridge Company, NYC 10022.
"Thermo Pin" potato baker: Stainless steel, permanently sealed in freon. Bakes potatoes from the inside out while oven bakes from the outside in. Saves baking time. Uses half the fuel. $12.95, ppd. By Thermo Pin Manufacturing, 67 Sheer Plaza, Plainview, NY 11803.
"Seal-A-Meal II": Heating element seals food in boilable pouches. Includes E-Z cutter to cut material to desired length, E-Z fill funnel, 1560 10"-wide pouches. By Dazey.
Hand-operated vacuum pump: Draws air from plastic freezer and food storage bags. Eliminates freezer burn. $2.84, ppd. By Poly Commodity, Dept. HG, 1350 Avenue of the Americas, NYC 10019.
Stainless steel mandoline: 5" x 15". Two blades adjust to produce julienne strips, shredded cuts, slices, and chips. $104. By Charles LaMalle. At Bazaar de la Cuisine, NYC 10022; The Brass Tree, Beverly Hills 90211; Cook's Mart, Chicago 60611.
Four-piece steamer set: 12" d. Stainless steel with copper clad bottom. Includes 3 4-qt. sections and lid. $125 ppd. At Joyce Chen Gourmet Products, 736 B Concord Ave., Cambridge, Mass. 02138.
Carbon steel wok: 14" d. For use on electric or gas range. 6 pc. set: bowl and ring, aluminum lid, cookbook, bamboo steamer and chopsticks. $25. **Aluminum steam plate:** $6. **Stainless steel ladle:** $2.75. **Spatula:** $2.75. All by Atlas Metal Spinning. At Burdines, Miami 33101; Marshall Field, Chicago 60690.
"Steam-Chef" electric steamer: Chocolate brown base, 4-qt. white base bowl, divided 2 qt. bowl and lid. Bowls double as serving pieces. $45. By Waring.
Automatic Gourmet Steam Cooker: Glass viewing lid. Aluminum insert pan. St[a]steel "Flavor-savor" pan to catch [j]Steam trivet. Automatic heat sensor. [C]signals when food is done and [c]switches to warm. 10-cup capacity. $[5]Hitachi.
Stainless steel tomato press: 10½" h. [S]seeds, and cores. With table clamp, $[1]ppd. By Williams-Sonoma, P.O. Box [7]San Francisco 94119.
"Generation" saucepan: 2-liter (2.1 [q]Stainless steel with "wrap around" [a]num bottom. $28. **Steamer insert:** $14. [B]by West Bend. At Monnig's, Fort W[orth]Texas 76113.

BUILDING DATA

Materials and equipment used in the house on pages 114-119

ARCHITECT: Moore Grover Harper
LANDSCAPE ARCHITECT: Lester Collins
CONTRACTOR: Caramagna and Murphy
SIZE OF HOUSE: 2,900 square feet

STRUCTURE
Foundation: Poured concrete walls footings.
Framing: Wood frame construction 2' x 6' walls.

EXTERIOR OF HOUSE
Exterior walls: White cedar.
Exterior stains: White stain on barn d[oors] and gray stain on flush doors. All [other] exterior walls left natural.
Roof: Red cedar.
Insulations: In walls, 5½-inch batts [of] fiberglass; in roof, 3½-inch batts of fi[ber]glass.
Windows and doors: Aluminum fra[med] Acorn series 2500 code A-therm wind[ows] and aluminum framed Acorn series [3000] insuldor sliding glass doors.
Skylight: Wasco.

INTERIOR OF HOUSE
Interior walls and ceilings: Gypsum bo[ard]
Floors: In major rooms, yellow pine; [in] kitchen, Mexican terra-cotta tile by Cou[ntry] Floors; in baths, Italian ceramic tile [by] Country Floors; in small courtyard, [a] hand-painted by Grace Knewton.
Furnishings: Brown Jordan chaises in co[urt]yard and pottery on shelves and table; dining area by Marsha Klein all from [the] Beach Plum Tree; towels by Fieldcrest.
Lighting fixtures: Track and recessed [fix]tures by Lightolier.
Interior paints: All white paint.
Fireplace: Assorted stone facing.
Kitchen cabinets: Formica custom cabi[nets] with butcher-block countertops by Cent[ral] Kitchens.
Plumbing fixtures: In baths, Kohler fixtu[res] in kitchen, Elkay sink with Moen fittings.

MECHANICAL EQUIPMENT AND APPLIANCES
Appliances: Dishwasher, refrigerator, [and] freezer by General Electric Co.; gas ov[en] and range by Caloric Corp.; laundry wash[er] and dryer by Westinghouse Electric Co[rp.]
Heating system: Oil-fired heating. ■

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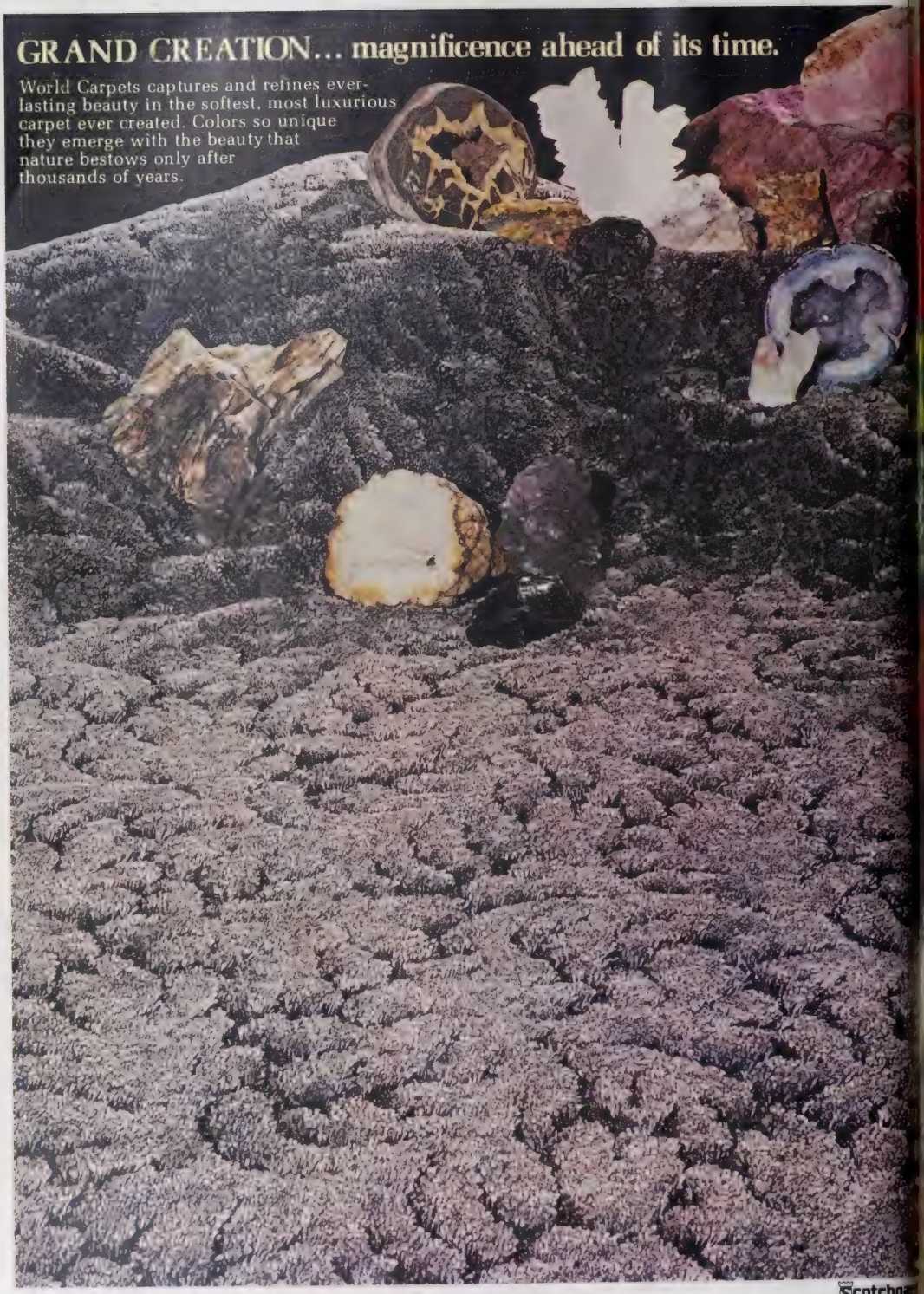


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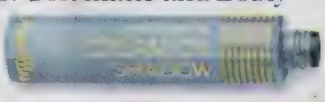
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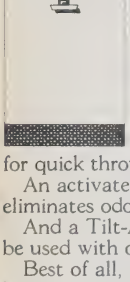
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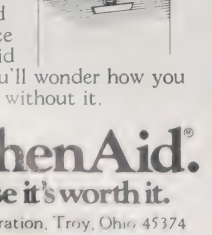
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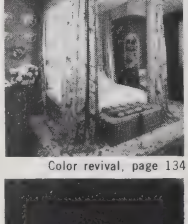
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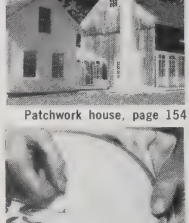
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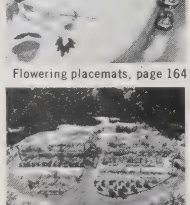
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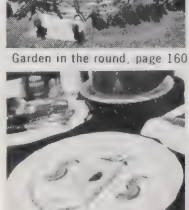
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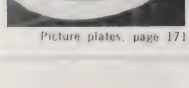

Color revival, page 134


Color talent, page 126


Patchwork house, page 154


Flowering placemats, page 164


Garden in the round, page 160


Picture plates, page 171

DECORATING, ARCHITECTURE, BUILDING

119 Energy update: Watch words on windows. By Jim Morgan
120 Home improvement ideas for the house fixer. By Deanne Raffel
126 A talent for color
128 Entertaining with color
134 Apartment full of color
140 A houselift with color
144 Kitchens in color
148 Color to go
154 A house with pioneering spirit

CRAFTS

164 Needlecraft: Flowers in stitches
166 Furniture craft: The magic module

ANTIQUES

34 Questions & answers: Antiques. By Louise Ade Boger
116 For beginning collectors: Best buys at auctions By John Block and David Redden

FEATURES

12 Living. Edited by Paula Rice Jackson
23 Ingenious ideas to make your life easier: Plants and flowers indoors
38 Money matters: How to have the money you need when your children are ready for college. By Paul Gross
44 Auto suggestions: Give your car a mind of its own By Richard and Jean Taylor
48 Electronic circuit. By David Lachenbruch
84 A short course on glass. By Margaret Morse
125 Color—what's new, what's exciting (*Editorial*)
152 Color—it talks. By Claire Schoen

WINE & FOOD

168 Meal in minutes
171 Why the picture plate?
172 Picture plate how-to
174 Picture plates, French style
176 Good spirits: A cellar of friends. By Michael Buller

GARDENING

64 Plants around the house: Giving plants the right drink By Richard Langer
160 The garden circle
162 Gardening by the square foot
216 Gardener's notes. By James Fanning

BEAUTY AND HEALTH

26 Looking good, feeling fit: Eyes right. By Catherine Ettlinger
32 Your family's health. By Dr. Mary Catherine Tyson

TRAVEL

74 Going places, finding things. Edited by Nancy Richardson. Brazilian warmth. By Beverly Russell; The Biltmore House. By Penelope W. Linck

READER'S SERVICE

57 Official headquarters for House & Garden Colors
90 Dear House & Garden. By Margaret Morse
189 Shopping information
192 Shopping around with Audrey Nichols
218 Best in booklets

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Betsy Novy, Ridgewood, N.J.

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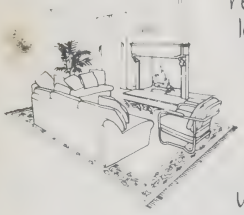
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On the cover: Fresh fruits and vegetables on an informal brunch table in a Kansas City dining room with a view of the garden. On the parquet-topped table, basket trays become placemats with napkins tucked through their handles. Beside each one, two square plates, one for the butter, one for the homemade sweet rolls. Just-picked red raspberries with a sprig of mint make a fresh beginning in blue and white chrysanthemum bowls. In the center of the table, a basket of lettuces, red cabbages, artichokes, turnips, radishes, yellow zucchini, and beets. Room designed by Melvin Dwork of Dwork/Maguire. For more about it and the rest of the house, see page 140.

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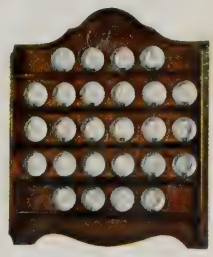
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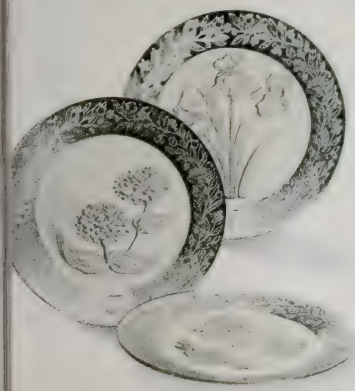
The Floral Alphabet Miniature Plates will be issued in a single, strictly limited edition. The plates are available by subscription only, and only as a complete collection. And there is a limit of one collection per subscriber.

The 26 plates will be sent to subscribers at the rate of one each month, and the price of $14.50 per plate is guaranteed for the entire collection. Each set will be accompanied by a special magnifier, and by an elegant hardwood display shelf that will show off these exquisite miniature plates in all their rich and sparkling beauty.

The Floral Alphabet Miniature Plates will bloom within your home forever—in the radiance of precious silver. A treasure to be passed along in years to come, as a prized heirloom, for an appreciative daughter or granddaughter.

Please note that the Subscription Application below must be returned to The Franklin Mint, Franklin Center, Pennsylvania 19091, postmarked by March 31, 1979. The subscription rolls will then be permanently closed and the collection will never be offered again.


This handsome hardwood display shelf is specially designed to house all twenty-six miniature silver plates—one for every letter of the alphabet


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SUBSCRIPTION APPLICATION

THE FLORAL ALPHABET MINIATURE PLATE COLLECTION

Must be postmarked by March 31, 1979 • Limit: One collection per subscriber

The Franklin Mint
Franklin Center, Pennsylvania 19091

Please enter my subscription for 'The Floral Alphabet Miniature Plate Collection', consisting of twenty-six finely crafted sterling silver miniature plates. A handsome hardwood display shelf and a special magnifier will accompany my collection.

I understand that I need send no money now. I will receive my plates at the convenient rate of one per month, starting in May, and will be billed $14.50* for each plate in advance of its shipment.

*Plus my state sales tax.

Signature_____
All orders are subject to acceptance

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Miss_____

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Also available in Canada at $19.50. Send orders to The Franklin Mint Canada Ltd., 70 Galaxy Boulevard, Rexdale, Ontario M9W 4Y7.

This month: The White House goes solar, inside the kitchens of the great chefs of Europe, a different Super Bowl, and how to plan a move

LIVING

CHEFS AT WORK

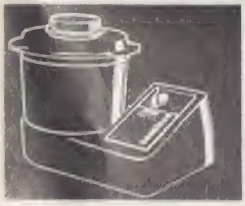
Paul Bocuse, Alain Chapel, Michel Guérard, Roger Vergé, and Jean and Pierre Troisgros are six of *The Great Chefs of France*. This fine book, written and illustrated by food photographer Anthony Blake and restaurant critic Quentin Crewe, celebrates the history, language, inventiveness, and visual enchantment of French cooking. A sample of the book's flavor—in Jac Pic's kitchen, there is an apron which bears the "rules of the house." (1) *Le Chef a raison* (the chef is right). (2) *Le Chef a toujours raison* (the chef is *always* right). (Harry N. Abrams, $25.)



Useful, accurate information about breakthroughs in nutrition, stress, exercise, and your well-being is more necessary everyday. A monthly publication that reports it all in language you can understand is *Executive Health.* $24 a year; write E.H. Publications., Pickfair Building., Rancho Santa Fe, Calif. 92067

BOWLED OVER

There's a new mixer just out that lets you go from kneading the heaviest dough to beating a single egg white. "Super Bowl" is a stainless steel bowl that has a splatter-proof cover with a removable plastic "cork" for adding ingredients while the machine is on. The mixer has its own 25-minute timer, 7 push-button speeds, and a recipe card organizing system. It costs about $200 and plans are being drawn for future sets of smaller bowls for working in smaller proportions. Super Bowl by Waring. Available at Jordan Marsh.



GARDEN ART

THE BIBLE LEAF

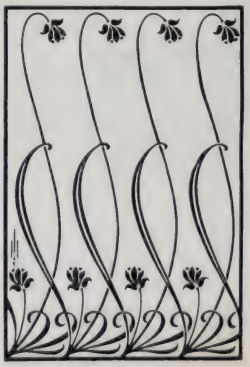
Used as a bookmark, a pressed costmary leaf (Chrysanthemum balsamita) accompanied most churchgoers to Sunday services. Many attendants, in fact, kept their Bibles crammed with numerous leaves, not because they were reading so many sections simultaneously, but because, chewed on silently the pungent, minty-flavored leaves kept the worshippers awake! In combination with dried lavender, costmary was also used to scent stored linens and clothing. It was a seasoning for egg dishes in southern Europe. Grow it in a 4- to 5-inch pot filled with 1 part potting soil, 1 part fine sphagnum moss, 1 part sharp sand or vermiculite. Allow for good drainage. It thrives in full sun, but will grow with less. Divide roots, replant every 3 years.

RICHARD LANGER



VICTORIANA IN NEEDLEPOINT

One of the most recent expressions of the new interest in Victoriana is in a new book of some 32 patterns of Victorian designs for needlepoint. Instructions include graphs for patterns, and photographs suggest appropriate colors. *Victorian Designs for Needlepoint* by Phyllis Kluger (Holt, $7.95).



5 mg. "tar", 0.5 mg. nicotine av. per cigarette by FTC method.

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Now only 5 mg tar.
No other cigarette with this little tar...



...has this much taste.



ONLY 5 MG TAR

Get what you never had before:
Satisfaction with ultra-low tar.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

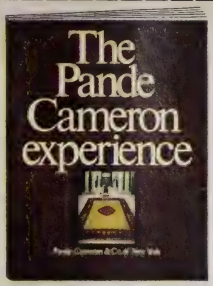


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Exciting decorating ideas! Full-color photographs show these spectacular carpets in imaginative settings—living rooms, dining rooms, bedrooms, hallways—decorating ideas for every room.

Complete information on colors and sizes. Why, you can actually use this booklet to plan your purchases—right at home!

Choose from a range of color ways: many carpets come in two, three or four gorgeous color combinations to fit into your decorating scheme.

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See how these great carpets are made! Every one of these treasured carpets is made in India of the finest wool—hand-knotted and hand-carved. You'll see the making in step-by-step, full-color photographs, taken in India.

And much, much more! You'll learn what you should know before buying an oriental carpet: How can you be sure you're buying a truly fine oriental carpet? Will it fit into the decor of your home? What are the features that make a Pande Cameron carpet such a wise investment? The answers to these questions are included in this valuable booklet.

Send for your copy today. And get ready for a decorating experience that's far more beautiful, far more romantic, infinitely more exciting than you've ever known before!

MAIL THE ABOVE COUPON AND $3 (U.S. FUNDS) RIGHT NOW!

LIVING

ENERGY



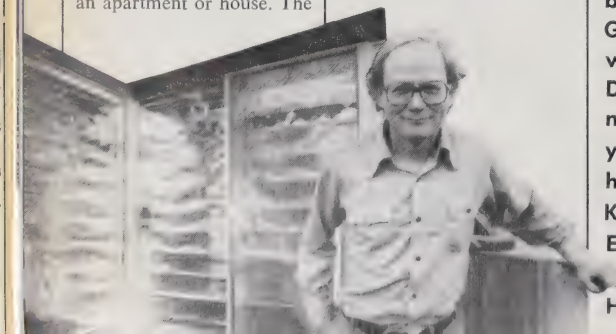
WIDE WORLD

SUN SPOTS

There's a change in domestic policy going on at the White House. By May, approximately 76 percent of all hot water used in the West Wing will be heated by solar energy. This includes the Oval Office, Cabinet Room, Senior Staff offices, Staff Dining Room, and Press Rooms. Four rows of solar collectors covering 600 square feet are being installed on the roof behind the Oval Office. An 800-gallon water tank will be heated, and an average of 600 gallons of water used daily. The residential area of the White House will not be affected, although the system is set up so that it can be expanded. Cost of the project is estimated by the White House to be $24,000 for installation and hardware, and it is expected that annual fuel bills will be reduced by $1000. This type of energy conversion is likely to make its way to other Federal buildings. "We're working closely with other Federal agencies to move towards greater uses of solar facilities," says Omi Walden, Assistant Secretary of Conservation. Congress has set aside $100 million for that purpose.

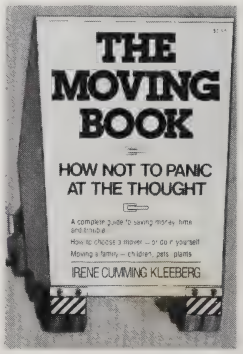
INGENIOUS INSULATOR

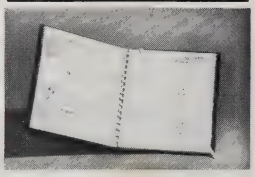
Unprotected glass transmits 10-15 times the heat loss of a well-insulated wall. So if you really want to reduce some heating costs it makes sense to treat your windows to efficient insulation. Architect and solar energy expert Tom Hopper has produced an ingenious roll-up shade made of five tissue-thin layers of aluminized plastic fabric that can be installed in an apartment or house. The shade expands when pulled down to create a 2½-inch dead air space in front of the window and thus helps stop heat from escaping. In laboratory tests the shades have an "R" value (resistance to heat loss) of 15, making it one of the highest rated energy efficient shades. The IS High "R" shade costs $2.75 per square foot, approximately $50 for a 6-by-3-feet-wide window. Insulating Shade Co., Box 282, Branford, Conn. 06405.



YOUR BEST MOVE

Statistics show that Americans can't stay put. If you're about to move, *The Moving Book* is a fine help for making decisions about the best time of year to move, how to order your inventory of belongings, to explain a move to the children, and to effectively organize your time, energy, and—the movers. *The Moving Book* by Irene C. Kleeberg (Butterick, $5.95).





EDWARD OLEKSAK

House & Garden showed the wonderful animal planters of C.Z. Guest in March, 1976. This March brings her *Weekly Garden Planner*, written with Elvin McDonald. It has room for notes as you work in your garden or greenhouse. $16.75 ppd. Kenneth Jay Lane, 155 E. 75th St., N.Y., N.Y. 10021 (Chelsea House).

CLEAN SWEEP

Few things can make a room more welcoming than a brightly blazing fireplace. Makeup artist and Creative Director for Elizabeth Arden, Pablo Manzoni has an elevated fireplace in the living room of his country house. He stores firewood under the "shelf" of the fireplace itself and he's devised a neat and simple system of removing cold ashes. He had a hole cut into a corner of the hearth, ran a pipe down to the basement where the ashes collect in a container. They make great fertilizer.



LONDON



PET NEWS

HOMING IN

Cat owners take note: If you ever have to give up your pet but want to assure it a happy life, a good place to know about is the Cat Retirement-Placement Center. At this well-established haven, he or she will live out a comfortable life with other cats to pal around with; or, it will be sent to a loving home. At the Center, your cat will also have the regular attention of a qualified veterinarian. You can even fly your pet there and it will be met at the airport by people from the Center. Your cat must be over six months old, spayed or neutered, and in good physical condition and mental health. Of course, it must have had all its inoculations and be good-natured enough to be handled easily by strangers. The one-time fee is $50. For additional information, write: National Cat Protection Society, 340 W. Willow St., Long Beach, Calif. 90806.

PATRICIA CURTIS

Wolfschmidt Vodka.
The spirit of the Czar lives on.

It was the time of "War and Peace." "The Nutcracker Suite." Of Tolstoy and Dostoevsky.

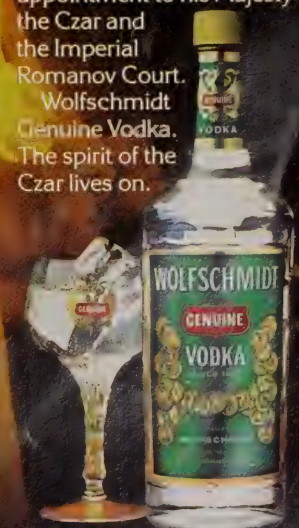
Yet in this age when legends lived, the Czar stood like a giant among men.

He could bend an iron bar on his bare knee. Crush a silver ruble with his fist. He had a thirst for life like no other man alive.

And his drink was the toast of St. Petersburg. Genuine Vodka.

Life has changed since the days of the Czar. Yet, Wolfschmidt Genuine Vodka is still made here to the same supreme standards which elevated it to special appointment to his Majesty the Czar and the Imperial Romanov Court.

Wolfschmidt Genuine Vodka. The spirit of the Czar lives on.



Wolfschmidt Genuine Vodka

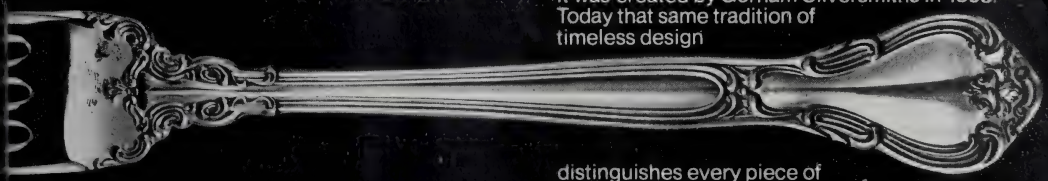
Product of U.S.A. Distilled from grain • 80 and 100 proof • Wolfschmidt, Relay, Md.



Main illustration: "Spring Meadow". Fine China and "Chantilly" Sterling
Gorham Fine China shown above, left to right: "Kingsbury," "Bridal Bouquet," "Lorenzo de 'Medici Green," and "Lady Madison"

When you look into Gorham Fine China and Crystal you see the timeless beauty of Gorham Sterling.

You probably recognize "Chantilly," the world's leading Sterling design. It was created by Gorham Silversmiths in 1895. Today that same tradition of timeless design



distinguishes every piece of Gorham Fine China and Gorham full-lead Crystal.

Take a moment to examine a piece of Gorham Fine China. Notice how incredibly translucent it is. How elegant the design. This is truly Fine China for a lifetime.

Now pick up a piece of Gorham Crystal... each goblet individually crafted with pride. See how meticulously it's cut to reflect prisms of light. How it sparkles with the whitest, clearest diamond brilliance. Like Gorham Fine China, Gorham full-lead Crystal has a beauty that endures.

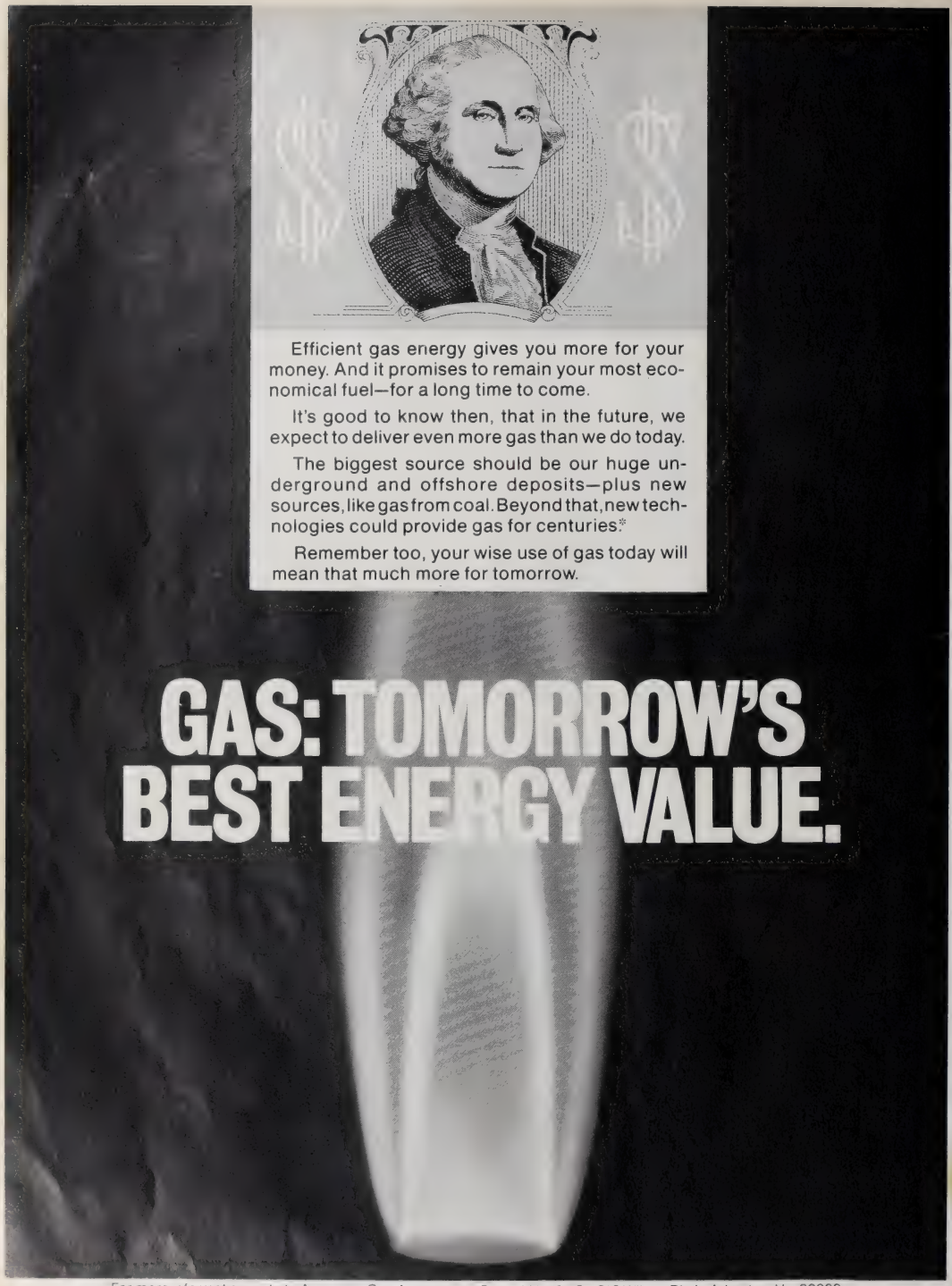
When you choose Gorham Fine China or Crystal, you enjoy the same superb craftsmanship that goes into Gorham Sterling. As well as the same timeless design. No wonder Gorham is the first choice of women of good taste all over America. And has been for over a century.

GORHAM TEXTRON
Gorham Division of Textron Inc.



Gorham Full-lead Crystal shown above, left to right: "King Edward," "Chantilly," "Crown Point," "Cherrywood."

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Efficient gas energy gives you more for your money. And it promises to remain your most economical fuel—for a long time to come.
It's good to know then, that in the future, we expect to deliver even more gas than we do today.
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Remember too, your wise use of gas today will mean that much more for tomorrow.
GAS: TOMORROW'S BEST ENERGY VALUE.
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Gas: The future belongs to the efficient.

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This isn't the phone.



This is.

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Get More satisfaction.



More offers you an extra measure of satisfaction.

Because More's got the great taste you want in a cigarette. Taste that satisfies. Taste that makes More a truly enjoyable smoking experience.

And you get extra satisfaction from More's 120 mm length which lets you enjoy all that great taste even longer.

More also has the style that could only come from a long, slim, brown cigarette.

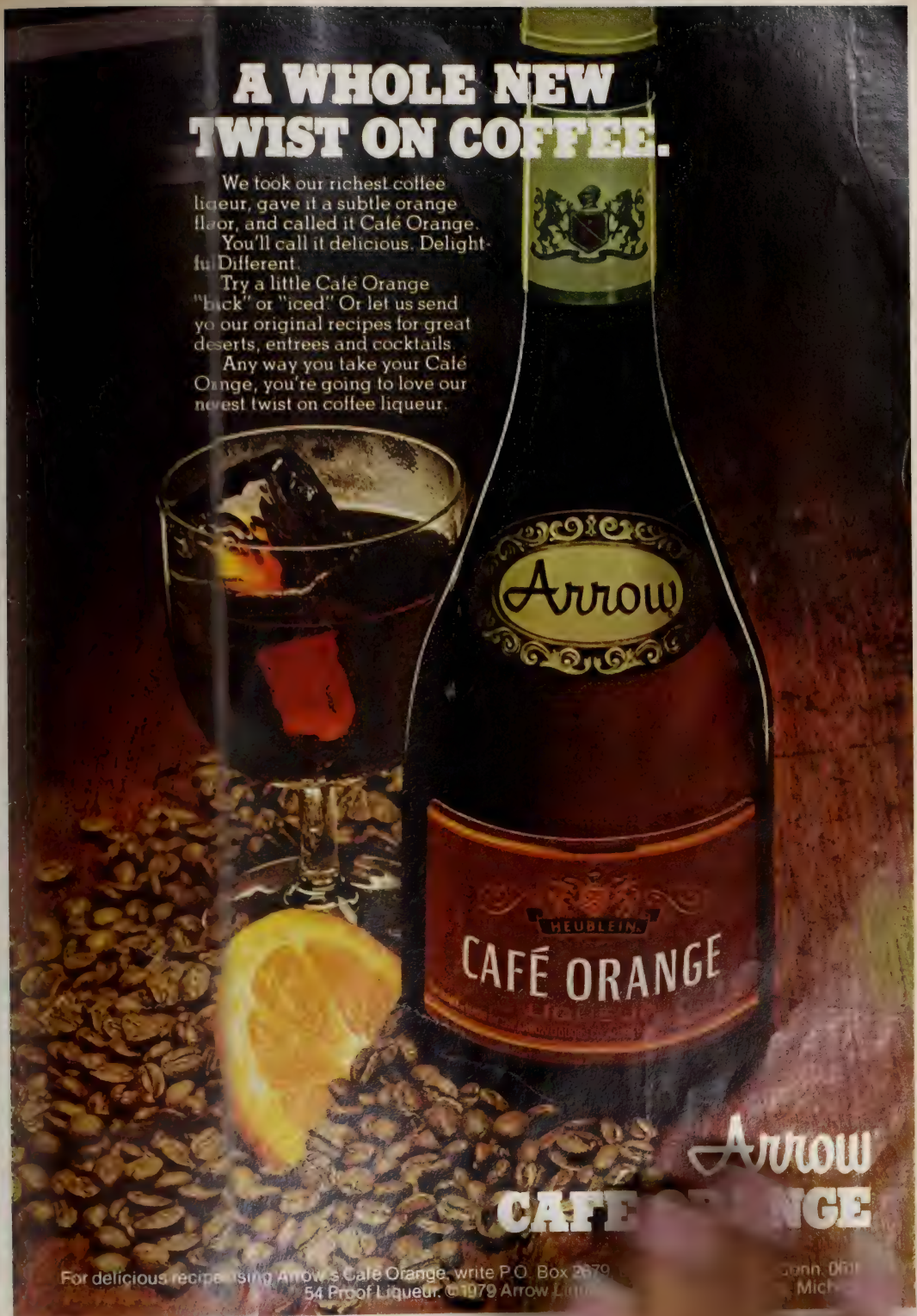
Once you get More satisfaction, you'll never accept anything less.

More. For that extra measure of satisfaction.



Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

23 mg. "tar", 1.7mg. nicotine av. per cigarette, FTC Report


A WHOLE NEW TWIST ON COFFEE.
We took our richest coffee liqueur, gave it a subtle orange flavor, and called it Café Orange.
You'll call it delicious. Delightful. Different.
Try a little Café Orange "black" or "iced." Or let us send you our original recipes for great deserts, entrees and cocktails.
Any way you take your Café Orange, you're going to love our newest twist on coffee liqueur.
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54 Proof Liqueur. ©1979 Arrow

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Get More satisfaction.



More offers you an extra measure of satisfaction.

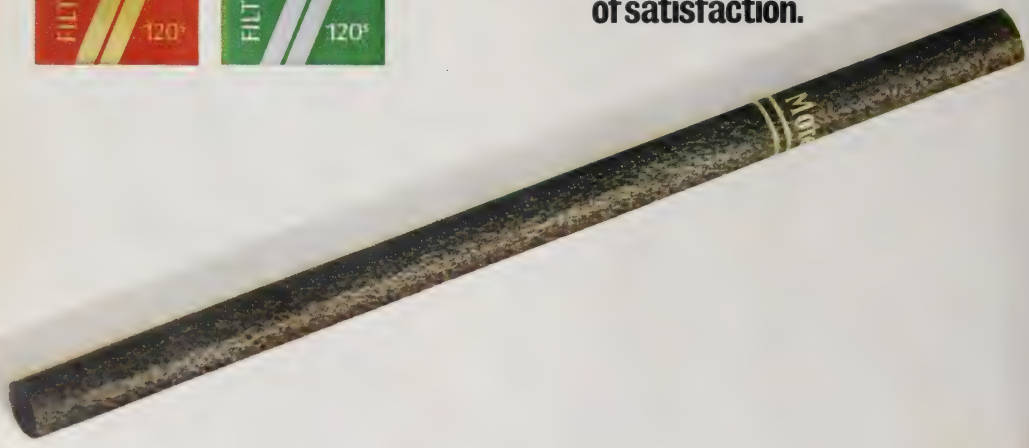
Because More's got the great taste you want in a cigarette. Taste that satisfies. Taste that makes More a truly enjoyable smoking experience.

And you get extra satisfaction from More's 120 mm length which lets you enjoy all that great taste even longer.

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Once you get More satisfaction, you'll never accept anything less.

More. For that extra measure of satisfaction.



Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

23 mg. "tar", 1.7 mg. nicotine av. per cigarette, FTC Report MAY '78.


A WHOLE NEW TWIST ON COFFEE.
We took our richest coffee liqueur, gave it a subtle orange flavor, and called it Café Orange.
You'll call it delicious. Delightful. Different.
Try a little Café Orange "black" or "iced". Or let us send you our original recipes for great desserts, entrees and cocktails
Any way you take your Café Orange, you're going to love our newest twist on coffee liqueur.
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For delicious recipes using Arrow's Café Orange, write P.O. Box 2679, Dept. AB, Hartford, Conn. 06101
54 Proof Liqueur. ©1979 Arrow Liquors Company, Allen Park, Michigan

Eyes Right!

Advice from doctors on what it takes to keep your eyes healthy and fit; plus what's new in eyeglasses and contact lenses

By Catherine Ettlinger

Editor's note: The medical information contained in this article came from Dr. Richard Kochman, attending ophthalmologist at St. Luke's Medical Center in New York City; Dr. William C. Cooper, associate professor of clinical ophthalmology at Columbia-Presbyterian Hospital in New York City; Dr. Charles A. Perera, consultant in ophthalmology at Columbia-Presbyterian Hospital; and Dr. Stephen Kurtin, professor of dermatology at Mount Sinai School of Medicine in New York City.



Undercover eye care

The skin around your eyes is thin and delicate and, compared to the rest of your skin, it has few oil glands to keep it soft and supple. "It's important to lock in whatever natural moisture there is," says Dr. Kurtin, who recommends using eye creams regularly morning and evening—and never using astringents around the eyes.

"Young skin is best lubricated by a light lotion, but as you get older you might want to use a heavier cream." One word of warning: "Don't overlubricate. Excessive amounts of oil around the sensitive eye areas can cause swelling, irritation, or milium (little white bumps) on the eyelids and under-eye area."

No matter how conscientiously you lubricate, the skin around your eyes will wrinkle. "It's constantly being pulled and stretched as you blink or squint or smile," says Dr. Kurtin. "How much you'll wrinkle is determined genetically, and by how much you're exposed to the sun."

DAVID THALL



Rx for tired eyes

"Nothing is as soothing as a warm compress if your eyes are tired or sore," says Dr. Kochman, who recommends wetting a washcloth with tepid water and laying it across your eyes until it cools.

He also recommends warm compresses for swollen eyelids, a common condition that occurs when the small glands in the eyelids that secrete oil become obstructed. Dr. Kochman says this swelling can be exacerbated by cigarettes, alcohol, or fatty foods.



Dry-eyed?

Don't be. Many people, especially when they're out in the wind and sun, suffer from lack of moisture. If this happens to you, Dr. Kochman suggests you wear sunglasses for protection and get special prescription eye drops from an ophthalmologist. "You need to replace the natural tear film that's been washed away by overexposure to wind and sun."



Food for the eye?

Vitamin A (whose source is in dairy products, fresh leafy green vegetables, and yellow fruits and vegetables) has always been associated with good vision. That's because a deficiency of vitamin A interferes with the production of rhodopsin, the pigment found (in the rods) in the retina that helps you distinguish between light and dark.

"Most American diets have adequate supplies of vitamin A to nourish the eyes and don't need supplementing," says Dr. Kochman.



Tips on using eye makeup

"When you apply eye makeup, be careful to keep it out of your eyes," says Dr. Kochman. "Your eyes are extremely sensitive and can be irritated by makeup." In fact, if your eyes are easily irritated, consider a hypoallergenic makeup—makeup with ingredients free of all known irritants.

If you wear contact lenses, you might want to use a mascara without fibers, since fibers can find their way into your eyes to cause irritation. Look for a mascara that doesn't list "contains fibers" in its ingredients.

. . . And removing it



"The important thing about removing eye makeup is finding a product that does the job so well you don't have to scrub around your eyes," says Dr. Kurtin. "Be gentle—work from the outside of your eye in toward your nose to avoid pulling and stretching the skin."



New developments in photosensitive lenses

Photosensitive lenses have been improved so that they can change color in less than thirty seconds. There are still two types of photosensitive lenses—one for outdoor wear, one for indoors—because, says Dr. Cooper, "The lightest indoor shade can never get dark enough for outdoors, and the darkest outdoor shade can never get light enough for comfortable wear indoors."

Although outdoor photosensitive lenses meet most people's needs, those who are exposed to very bright light—on the beach or high in the mountains—should use dark brown or gray lenses. "Photosensitive lenses do not filter as much light as the darkest brown or gray lenses," says Dr. Cooper.



Invisible lenses

There's a new bifocal lens available that shows no sign of the line which divides the near and far viewing segments. The new lenses come in a variety of sizes and can be tinted any color, including gradients.

Aspheric lenses, the lenses cataract patients are fitted with after lens removal surgery, have also been improved. The lenses, which have traditionally been thick with a center circle of strong prescription, are thinner and have a prism bifocal that's barely distinguishable. They provide a wider field of vision than the old lenses, and they are available in fourteen shades and in gradients.



The private eye

Now you can wear contact lenses for up to a week without removal. The new extended-wear contact lenses are gas-permeable, letting oxygen through to the cornea even while you sleep.

In England and Canada, some of these extended-wear contact lenses are made of silicone and can be worn for months without removal. These lenses are awaiting approval by the U.S. Federal Drug Administration.

Also awaiting FDA sanction is a new soft bifocal contact lens. (All of those currently on the market are hard lenses.)

Continued on page 28



Let Cabriole get your message across.

Cabriole
by Elizabeth Arden

LOOKING GOOD
FEELING FIT

continued from page 26



Glaucoma or ocular hypertension?
Glaucoma, an increase in the pressure of the fluids within the eye, turns up in 3 percent of the population and can lead to partial or complete loss of sight. Doctors regularly measure the intraocular pressure in every thorough eye examination because, when detected early enough, the most common forms of glaucoma can be treated with medication so that sight will not be impaired.

But, according to Dr. Kochman, the tension test is only the beginning in determining whether or not a patient has glaucoma. The upper limit of a normal intraocular pressure is 20-21 millimeters of mercury, says Dr. Kochman. But, he has seen patients with pressures of 17-18 who have glaucoma, while others with pressures of 25-28 do not. "Glaucoma should not be confused with simple ocular hypertension, which is an increase in the pressure within the eye that does not in itself damage sight, but should be watched closely by a physician."

When should you see an eye doctor?
"The eye is equipped to take pretty good care of itself," says Dr. Kochman. "But even if you see clearly and effortlessly, you should see an eye doctor once a year.

"Sometimes a change in your eyesight is so gradual you aren't even aware of it. The simplest error in your vision that goes uncorrected can lead to eye strain, and, as you try to overcome the error, to frustration and to headaches."

Whom should you see?
An **ophthalmologist** is an M.D., Medical Doctor, specializing in the treatment of the eye. He or she can prescribe eyeglasses and contact lenses, and can treat the eyes with medication and with surgery.

When an ophthalmologist examines the eyes, he will check for nearsightedness or farsightedness, and for astigmatisms. He will measure the eyes' motility, and will examine the exterior and interior portions of the eye. In addition, he will test intraocular pressure for glaucoma.

An **optometrist,** an O.D., Doctor of Optometry, can prescribe eyeglasses and contact lenses and can examine the eyes for visual problems. If symptoms of eye disease are detected, an optometrist will refer a patient to an ophthalmologist.

An **optician** dispenses lenses. You can take a prescription for eyeglasses or contact lenses given to you by an ophthalmologist or an optometrist to an optician. Look for a Guild Optician—he or she has been certified by The Guild of Prescription Opticians for meeting certain training requirements. ■

■ BEAUTY AND HEALTH PRODUCTS NEW THIS MONTH IN THE STORES

Color. Color that's cued to all that's tender, natural, and flattering. This spring it's **Visage Chanel**, a collection of colors for your face that begins with something very new for lips: "Mat de Chanel" in two shades—Mat I, a beigy blush and Mat II, a pretty currant. Wear the colors alone or layered, the effect is the sheerest, most subtle gleam. And each little pot of color comes with a slender lip brush, because the outline you draw should be perfect when you're using "less is more" makeup. $7. Two shades of blue for eyes with a hint of brown close to the lashes is the next step for your eyes. "Tender Mauve," a blued violet, "Slate Blue," a grayed blue with snappy "Nut Brown" to fringe lashes, all come in a sleek, emollient-rich, powdered shadow. $8.50 each. For cheeks: "Burnt Umber," a cinnamony peach, and also, new with this collection, "II (Bronze)" Creme Highlighter to use deftly at temples, cheekbones, the hollow of the neck, $9. The makeup underneath these treats is "Midi II," a tawny beige and, since it's one of the richest, creamiest makeups, you apply it with the wonderful Chanel makeup sponge that makes your application the most even and the most sheer you've ever worn. $18.50. (A sponge is tucked inside every box.) For your hands: "Sorbier," a pretty beige enamel with a piquant touch of sherry. Or, if you prefer some nighttime drama for your hands, "Terre Cuite," a marvelous jewel-like plum. $5.50. All the *Chanel* colors are at Saks Fifth Avenue across the country and Bergdorf Goodman in New York and White Plains.

Do you have ESP? Not yet, you don't. It's **Extra Special Pencils** by *Elizabeth Arden*—and this one's really different. It's foundation in pencil form, which means soft, wide strokes with the added dimension of control. And since they're pencils, they travel well. No breaks! In six shades from light beige to a deep bronze. $6 each at fine department stores and drugstores everywhere.

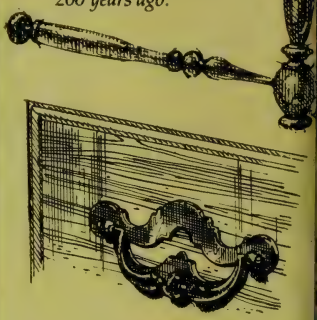
Looking for the "right red?" Not the blue-red of the 40s or the orange-red of the 60s but the "right-now red?" *Clinique* has just introduced four with brown—red for the 80s. Choose from **Crimson, Cerise, Scarlet,** or **Earth Red** and add a touch of clear gloss for staying power. And to help you shape the red that's right for your hair and skin

Continued on page 30



Our Queen Anne highboy, with its Chippendale-inspired broken pediment top, looks very much like the original. A Thomasville touch, however, is the ample storage space–more than enough to meet your modern-day requirements.

Slender, tapering posts with authentic quilt rail (a blend of Queen Anne and early Chippendale styling) were found on many of the high-poster beds that the Colonists brought with them across the Atlantic. The look is as gracious in today's bedrooms as it was 200 years ago.



The early Colonists added decorative touches to chests with hand-wrought brass mounts and drawer pulls. The mounts on our nightstand and chests are authentic reproductions, recreated by Thomasville specifically for the Collector's Cherry line.

Thomasville has "Good ideas for furnishing your home," a beautiful full-color 358-page catalog. $8.50 value you save $1.00 by sending $7.50 to Thomasville Furniture, Dept. 93THG, Thomasville, NC 27360.





That masterful Thomasville touch in that memorable Early American look.

"Collector's Cherry," available for bedrooms, dining rooms, and living rooms, is just one of the memorable Thomasville looks.



For the name of the Collector's Cherry retailer nearest you, call toll-free 1-800-447-4700. (In Illinois, call 1-800-322-4400.)

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Like wild strawberries out of season, most of the best things in life are far from free. A delightful exception...these mats by Geno Designs. While they're not free, they cost surprisingly little. And that goes for the coordinating napkins and rings as well. For our 20-page booklet full of creative tabletop ideas and other Geno Designs, send your name and address, plus 50c for postage and handling, to:

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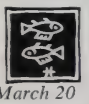
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tones, the Earth Red Lip Pencil helps define lip lines that focus the color. Lipsticks, $5 each; pencil, $5; and lip brush, $5; at Clinique counters in fine department stores across the country.

The French and Italian fashion collections for spring '79 are showing shades of khaki, from stockings to swimsuits to silk shirts—it's a classic neutral. **Khaki,** a new fragrance, will also be worn this spring. The scent is slightly floral, slightly fruity, and slightly tart. You can have it in a 1-ounce cologne spray for $4, or an ounce of concentrated cologne spray for $5. It's by *Love Cosmetics* and you'll find it at drugstores and variety stores across the country.

PAULA RICE JACKSON

Your fragrance and herbal almanac



The sign: **Pisces**

Circa: February 19-March 20

Aromatic herbs in the dominion Pisces include all the species of mint. Spearmint and peppermint, the most frequently used commercial flavorings, and eau-de-cologne mint, a variety of peppermint, are only three of this numerous tribe. Sprigs of fresh mint were used to scent bathwater in earlier times. Today bath fragrances abound. Tuvaché makes a bath oil perfumed with **Jungle Gardenia,** a seductive Pisces flower. **Jontue** by Revlon has bath perfume for romantic Pisceans and for the men, **Aramis** makes shower oil and bath soap with its bracing scent.

MARIA REACHI

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YOUR FAMILY'S HEALTH



By Mary Catherine Tyson, M.D.

How aspirin can cure

The power of mood-altering drugs, plus possible hazards of sex therapy

Q Is it true that aspirin is a therapeutic medicine?

A Aspirin has a long medical history. Hippocrates used it as an analgesic a few hundred years B.C. He had women chew the leaves of the willow which contain salicyclic acid to help the pain of childbirth.

Since 1900, aspirin, which is the commercial name for acetylsalicyclic acid, has been the most widely used medication in the world. It causes pain to be stopped at the source through an effect on the local nerves combined with action on the thalamic part of the brain. Aspirin also reduces inflammation.

Only in the last few years have we learned *how* inflammation is decreased. Prostaglandins, a group of hormones produced by cells, are responsible for inflammation. Unique among pain killers, aspirin stops the production of prostaglandins, and this actually reduces the swelling, and the redness and heat of inflammation, particularly in arthritis.

Aspirin may also be useful in helping to prevent strokes and heart attacks. It was Dr. Harvey Weiss, a hematologist at Columbia University, who discovered the effect of aspirin in the blood. He noted that aspirin abolished the stickiness in the platelets, which is the first step in clot formation. Taking one or two aspirins a day regularly renders a person less likely to have clots. Since clots can cause heart attacks and strokes, the usefulness of this inexpensive, simple therapy is obvious.

There are one or two drawbacks to aspirin therapy. In dehydration, the blood level of aspirin can quickly become toxic if the medication is repeated every 4 hours without sufficient fluids. Aspirin also has the well-known thinning effect on the blood, increasing bleeding tendency. In a normal person, this is not significant. We all lose about a half teaspoon of blood daily in the intestine. Aspirin in moderate dosage may increase the rate to one teaspoonful, so the medication should be avoided by anyone with a bleeding tendency. This may increase the tendency to anemia caused by inadequate diet and poor appetite for meats. And since aspirin is a mild stomach irritant, it should not be taken by people with stomach disorders. Some people with a history of hay fever or asthma may find aspirin causes an allergic reaction.

However, the more we learn about aspirin, the more of a miracle drug it seems, in many instances mimicking the wonders of cortisone without the same attendant dangers. It is still the drug of choice for acute rheumatic fever and rheumatoid arthritis.

For those who are advised not to take aspirin, acetaminophen, developed around the turn of the century to control pain, rarely causes toxic reactions. Acetaminophen (Tylenol and Datril are well-known brands) works in a different fashion than aspirin, easing pain not by its local action but through the central nervous system. It raises the threshold of pain in the brain and mild or moderate pain is not felt. Since it has no anti-inflammatory effect, it is less useful in cases of rheumatoid arthritis or severe inflammation. For pain relief alone, however, it is a good choice for children and older people, since it only stays in the body 6 to 8 hours, in contrast to aspirin's 24 to 30 hours.

Q What are the benefits of mood-altering drugs?

A Depression is the most common psychological condition which requires treatment. It is estimated that about 10 percent of the population at some time in their lives has severe enough depression to profoundly disturb them. Fortunately, in the last 20 years, a number of drugs have been introduced which can alleviate depression. They are the psychotropic or mood-altering drugs. However, these medications must be given only by a physician who will monitor the dose.

The all-too-commonly used Valium, Librium, and Milltown tranquilizers have no place in the treatment of depression. They depress the central nervous system and commonly aggravate the condition. These mood-altering drugs are helpful for nervousness or agitation. In the case of sadness, grief, or mourning, the use of drugs is inappropriate with two exceptions. A mild sedative can be useful if insomnia is a problem. Also, there may be a place for a mild mood-elevating drug *temporarily* to relieve the feelings of helplessness or loss enough for the patient to become interested in life and to be active. The activity itself may then bring about some easing of the depression.

It is only in severe neurotic or psychotic depressions that antidepressant chemicals can work miracles. However, there are many toxic side reactions and limitations (no alcohol, other medications, or driving because of sedation) to be aware of.

Q Is there any danger in sex therapy?

A Some psychiatrists say yes. Sex therapy undoubtedly helps people, but it can cause problems as well as solve them. Since Masters and Johnson's original work, many marriages have been enriched. But not everyone who goes into sex therapy will benefit and some will even be harmed.

In a relationship where there is love, understanding, and a good deal of sharing, it is possible to benefit from help for sexual problems. But when sexual dissatisfaction is an excuse for indicting the other partner, or reflects an inability to adjust to someone else, sex therapy alone is unlikely to help.

One reason for a large number of people seeking sex therapy is the attitude of our liberated times. People who go into sex therapy to get more physical pleasure, rather than a richer sex life to share through some elusive insight into themselves, will probably be disappointed. It is important to be on guard against the impression that happy, satisfying sex is a matter of gymnastics, and one has only to be initiated to lead a fuller life.

Another pitfall in gaining knowledge but not perspective or insight is in thinking there is a single thing called "normal." The great *range* of normal has not been stressed enough. This in particular causes people who are happy to feel perhaps they should not be. Some men suffer from psychological impotence because they feel inadequate to live up to what they think is normal. Still other people are "turned off" by incessant talk about sex. They feel it is so analyzed that there is no intimacy or romance left. Openness is being *able* to talk freely, not forced to live your every thought and feeling publicly.

While therapy can help some good relationships to be better, and can rescue some truly disturbed people, it is not a happiness pill. Nothing is. ■



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By Louise Ade Boger



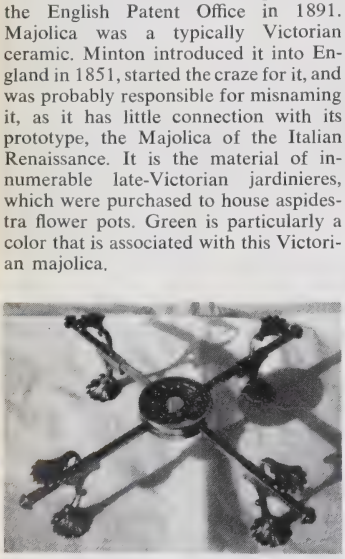
ANTIQUES
QUESTIONS & ANSWERS

■ VICTORIAN JARDINIERE



From the mark I've drawn and my photograph, can you tell me when my jardiniere was made and something about its background and use?
F.W.C.
—Chicago, Ill.

According to the registration number, the English manufacturer registered the design of your earthenware "majolica" jardiniere and pedestal with relief decoration under warm-colored glazes, at the English Patent Office in 1891. Majolica was a typically Victorian ceramic. Minton introduced it into England in 1851, started the craze for it, and was probably responsible for misnaming it, as it has little connection with its prototype, the Majolica of the Italian Renaissance. It is the material of innumerable late-Victorian jardinieres, which were purchased to house aspidestra flower pots. Green is particularly a color that is associated with this Victorian majolica.



■ ENGLISH DISH-CROSS

We bought this dish-cross at an auction and know nothing about its background. Can you help?
E.L.D.—Newton Centre, Mass.

Your brass dish-cross is probably of English manufacture, dating perhaps about 1900. The dish-cross was introduced in English silver about the 1730s. It continued in fashion until about the end of the 18th century, when it was supplanted by the hot-water stand, or even a hot-water reservoir in the serving dish itself.

■ CHIEF BIG MOON BANK



My old bank works this way: An Indian holds a fish; after the coin is deposited, a hidden frog leaps out of the pond for the fish; when the frog jumps for it, the Indian pulls the fish out of the way. Do you know who made this unusual bank?
C.H.—San Francisco, Calif.

Your mechanical bank was patented by Charles A. Bailey, a prolific designer of mechanical banks, and assigned to the manufacturers J. & E. Stevens of Cromwell, Conn. John D. Meyer in his "Handbook of Old Mechanical Penny Banks" writes: "Originally named Indian Camp Bank. Name Chief Big Moon in very small letters on the base."



■ NORTH AMERICAN BUTTER DISH

I've drawn the mark that is on my butter dish and hope that from my rough sketch you can tell me who made the dish and when. **P.G.—Gaylord, Mich.**

The mark indicates that your butter dish is plated silver and was made by the Meriden Britannia Company located at Hamilton, Canada. The firm is a branch of the well-known Meriden Britannia Company of Meriden, Conn., which in 1898 was one of the leaders in the formation of the International Silver Company. It was established in 1879 and merged with the International Silver Company of Canada about 1912.

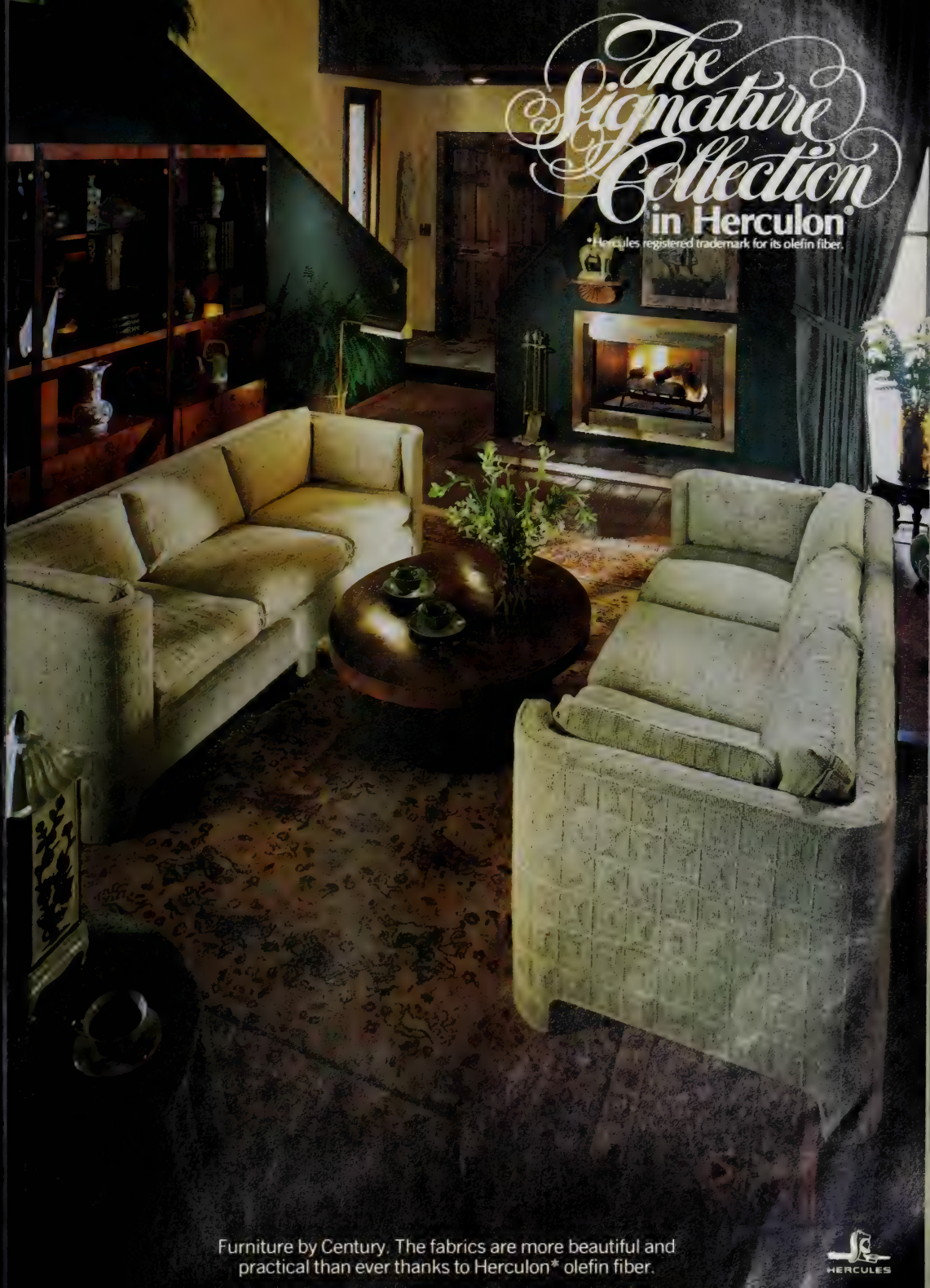
Continued on page 36

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HERCULES

ANTIQUES

continued from page 34



ENGRAVED CRYSTAL

I have a set of elaborately engraved crystal glasses and would like to know how this engraving is done. On the crystal is the word "Hawkes."

D.W.—Columbus, Ga.

All the decoration on your crystal was done by copper wheel engraving with various abrasives. The fruit was done by intaglio engraving, an age-old lapidary technique reintroduced about 1900 that resulted in a new kind of luxury glass. Only the finest of crystal blanks were strong enough for this kind of engraving, which was practiced by such fine American firms as T. G. Hawkes, of Corning, N.Y., the maker of your crystal. Apart from the water and wineglasses, your service includes champagne and highball glasses. The latter joined the company of beverage glasses about 1900 and about the same time champagne glasses were made in greater quantity than ever before. The style of your crystal suggests a date about the 1920s or 1930s.



KOKESHI DOLLS

What can you tell me about my delightful wooden dolls that come from Japan?

B.L.—San Francisco, Calif.

Of all the folk toys of Japan, the most popular today both among Japanese and Westerners are the Kokeshi dolls, especially those from the Tohoku region, Miyagi Prefecture—the most outstanding area of folk-art toys. Kokeshi dolls are almost 100 years old in origin; your dolls are of more recent manufacture. Their origin is not known, but it is generally accepted that they were originally presented to shrines by worshippers to ensure the prosperity of their descendants.



PEWTER TEAPOT

I would appreciate any information you can supply about my pewter teapot.

S.M.B.—Haddonfield, N.J.

Your interesting pewter teapot enriched with brass mounts was made in China, perhaps about 1900. It is very possible that a considerable amount of pewter was exported to America in the 19th century and into the first years of the 20th. The Centennial Exhibition held in Philadelphia, 1876, listed a number of pieces of pewter from China which were "foreign," that is Western, in shape.





TAMBOUR DESK

I'm told I have a "tambour" desk. What does this mean? About when and where was my desk made?

D.B.O.—Old Greenwich, Conn.

Your early Victorian tambour desk was made about 1840, probably in New York City. The term tambour is given to a series of small strips of wood glued on a strong piece of cloth in such a manner as to make it a flexible sheet. The class of your tambour desk is distinguished by a recessed superstructure and a writing surface made by opening the hinged lid, which, when open, is supported by two pulls. In your example, two glass doors have supplanted the usual two tambour slides, which move horizontally along the front of the small drawers and pigeonholes and disappear into the sides of the desk. ■

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Confirmed: Majority of high tar smokers rate MERIT taste equal to—or better than—leading high tar cigarettes tested! *Cigarettes having up to twice the tar.*

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MERIT *is* the first real taste alternative for high tar smokers.



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Kings: 8 mg "tar," 0.6 mg nicotine—
100's: 11 mg "tar," 0.7 mg nicotine av. per cigarette, FTC Report May '78

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

MERIT

Kings & 100's

MONEY MATTERS



By Paul Gross

How to have the money you need when your children are ready for college

If you're like the rest of us, you may well expect your children to go to college, but probably haven't planned for it. Few do. While ignorance may be bliss, procrastination is painful—especially when it comes to college costs. Sending a child to college now costs what an average home did a few years ago. And college tuitions are expected to spiral even higher.

But, be of good cheer, there are some ways of easing the pain—especially if you have some time in which to plan. Put simply, the longer you have to prepare for these expenses, the better off you'll be, since you won't have to scramble for the money at the last minute. That can hurt in two major ways. First, you'll probably have to borrow the money and pay interest at fairly high rates. Second, you'll be going into debt at just about the time that you should be thinking about setting some money aside for your retirement.

AN EDUCATED WAY TO PLAN AHEAD

The best time to start putting some money away for your child's education is when he or she is just 10 years old. The beauty of planning ahead is that it gives you a number of options. Moreover, most of these plans also help give you a tax break. Here are some of the best and the brightest.

Consider setting up a **custodial account** for your child at a bank or brokerage house—which will probably set it up for free. While you will probably be offered a variety of investments, it pays to be a little cautious. Your child's education may be at stake.

You set up a custodial account by putting money in your child's name into an account set up for him or her. According to the IRS, you can give each child up to $3,000 a year ($6,000 if your spouse makes the gift with you) tax free. The sweet part of it all is that your child, and not you, will be liable for the taxes earned by the custodial account's assets. Under the 1978 Revenue Act, a dependent can earn as much as $1,000 tax free. If your child should make more than that, he or she will still be in a far lower tax bracket than you probably are in.

If you do decide to set up a custodial account, there are two reasons for you to make sure that you name someone other than yourself (your lawyer or accountant) as custodian. For one thing, it will keep the money in the account from being included in your estate if you should die before your children get those funds. For another, it will also help avoid a potential problem that may exist because of your location. In more than a dozen states, a child cannot receive the money in a custodial account until he or she reaches the age of 21. If you live in one of those states, the custodian you name can use the account's money to pay college costs.

Alternatively, you might consider setting up a so-called **"Clifford trust"** to fund your children's education. A Clifford trust is simply a short-term revocable trust that is set up to last for at least 10 years and 1 day. Any income earned by the trust belongs to your child and hence is his or her tax liability, not yours. So, the money will compound far faster because it is not being gouged at your tax level. A Clifford trust is a nice way of having your cake and eating it too. When the trust ends, the property you put into it reverts back to you.

If you decide to set up a Clifford trust, consider establishing it for longer than 10 years and a day. That will let you make additional contributions to the trust—say, to fund a second child's education. If you set it up for just 10 years and 1 day and make additional contributions to the trust, you will be liable for the income taxes on what those contributions earn. And even if you have only one child, letting the assets in trust ride for more than 10 years and a day should be no problem, since everything you put into it will come back to you again when the trust does end.

There's another trusty way to deal with your children's college costs—if you're willing to give up the property altogether. A **charitable remainder trust** (House & Garden, November, 1978) could be set up to give your child an income for a set number of years. What's more, you will be able to take a possibly hefty tax deduction when you set up the trust since the charity will eventually get the assets you have donated. The amount you can deduct is based on IRS tables. And since your child will receive the income generated by the charitable remainder trust, he or she will be liable for the income taxes on it.

If trusts don't appeal to you, consider a **company savings plan**—if you are fortunate enough to have access to one. Under these plans, which a growing number of companies are setting up, you can contribute a set percentage of your salary—usually between 6 and 10 percent. The company will generally encourage you by donating 50 cents for every dollar you contribute. Some companies match your contributions dollar for dollar. As long as your contributions stay in the plan, they grow tax free. How fast they'll grow depends on the types of investments. Most companies will give you a choice.

Before you decide to take this route, however, find out if you can pull your money out at will. If the company will only let you withdraw from its savings plan when you retire, you may be hit with a painful penalty if you pull out before then.

Finally, if you are self-employed or earn extra income, you can make additional voluntary **contributions to your retirement plan.** You can contribute an additional $2,500 to a Keogh plan. However, do note that this additional contribution is in after-tax dollars. You can contribute up to $7,500 or 15 percent of your income in pretax dollars to a Keogh plan. It's considered pretax dollars because you can take a deduction for the amount you contribute. If you withdraw just the amount of your additional contribution, you won't have to pay an income tax on it. (The contribution was made in after-tax dollars, remember.) And by leaving the earnings of those additional contributions in the plan, you'll have more money working for your retirement nest egg.

HOW YOUR CHILDREN CAN HELP OUT

One of the best ways to ease the burden of rising college costs is to let your child help out. There are two basic ways this can be done: by qualifying for academic scholarships or by developing a job skill for part-time work. In either case, your child will have to start preparing himself 2 or 3 years before he is expected to enter college.

To win an academic scholarship, your child will have to maintain a very high academic average throughout his or her high school years. However, all else being equal, the last 2 or 3 years of school are what really count. (Note also that schools pay close attention to your child's extra-curricular activities in his or her last years of high school.) There are a number of ways that a bright and ambitious child can help out with col-

Continued on page 220



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Look for the "Scotchgard" Protector label when you shop. It's your assurance that the carpet you love can live with your family.



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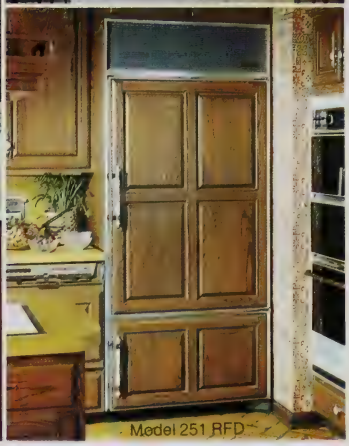
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3M

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Model 3211 RFD


Models 201 R & 201 FD


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Sub-Zero is the true built-in refrigeration system designed exclusively for the home. All models feature 24″ depth, which enables them to fit flush with all standard base cabinets and affords easy accessibility to all stored items.

All Sub-Zero models are designed to accept exterior panels of virtually any material. This unique feature provides you complete flexibility in kitchen design. You can blend it in or accent your kitchen decor.

Models range in size from 24″ to 48″ width and up to 31 cubic feet in capacity... the largest unit made for the home. The line features side-by-side, over-n-under (freezer on bottom), all refrigerator, and all freezer units. Also available are undercounter and individual icemaking units.

All full size units feature icemaking capabilities and adjustable storage in both refrigerator and freezer. An outstanding refrigeration system coupled with such manufacturing features as polyurethane insulation (entire unit including doors), magnetically sealed doors, self venting and automatic defrost assures years of satisfactory performance.

Every Sub-Zero unit is completely test run at the factory for total performance before delivery.

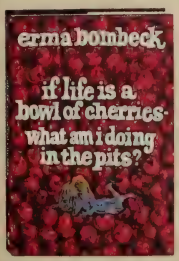
See Sub-Zero on display at leading kitchen dealer and appliance showrooms.

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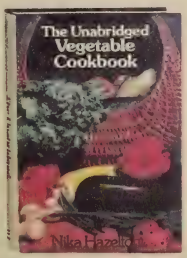
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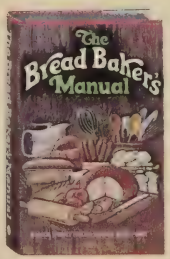
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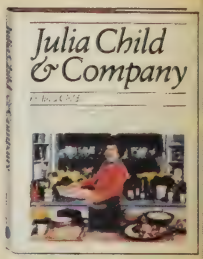
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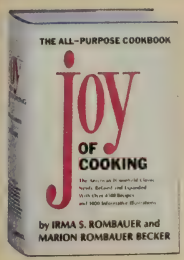
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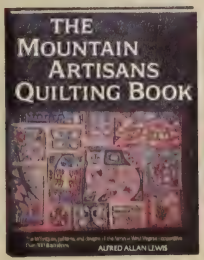
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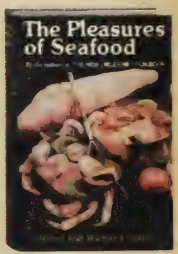
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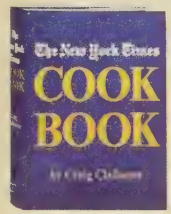
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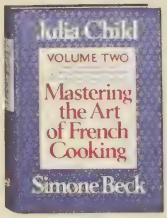
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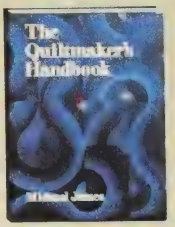
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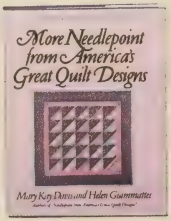
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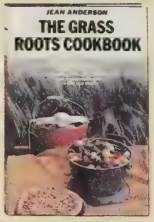
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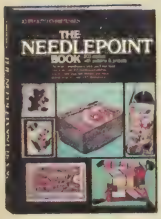
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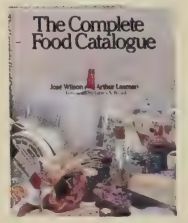
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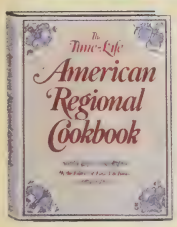
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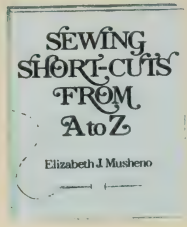
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AUTO SUGGESTIONS

By Richard and Jean Taylor



Give your car a mind of its own

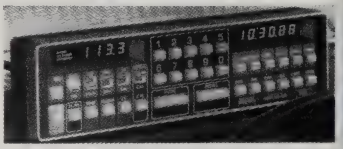
Computers and other electronic marvels have taken to the road. They will help you save time, money, energy, fuel and drive safer

Electronics is the latest happening in automobiles. Microprocessors keep your carburetor tuned for maximum economy or your stereo tuned for maximum sound. Car computers tell you where you are on the road, whether you have enough gasoline left to get where you're going, and when you'll get there. Automotive stereo radios and tape players are now available with quality that was only available in concert halls two years ago, and even clocks have been upgraded with digital readouts accurate to a hundreth of a second. Here's a guide to the latest in subminiature automobile electronics.

Car computers

Cadillac's 1979 Seville and Eldorado and Buick's 1979 Riviera have a similar computer. Chrysler and Ford will have their own microprocessors later in the spring. The Cadillac Trip Computer, like the Buick Trip Monitor, is a multiple-function microprocessor, a true digital computer with eleven distinct functions. It keeps track of relatively simple things like your speed, engine revolutions per minute, engine temperature, battery voltage, and time of day. It can also compute your average miles per gallon on a trip, your average speed, and how many miles you can travel on the amount of gasoline still left in the tank. It will tell how many miles there are to go until you reach your destination, what time you'll arrive, and how long you've been on the road. This makes even short trips more fun, and can save worry on long trips. This 11-function microprocessor costs $920, and, of course, to get it, you have to buy a Cadillac or Buick.

If you want just a car computer, for $400 you can buy a Prince-Board Computer. This very advanced gadget has two digital displays, 36 buttons to push, and performs over two dozen different tasks. The Prince computer weighs 1 pound, and its slim case is less than a foot wide and 3 inches high. It easily mounts on top of or under your car's dashboard, or can even be built into the dash if your car has space. The Prince can do all the things Cadillac's Trip Computer can do, and more. For example, it will automatically ring an alarm, if your speed has edged up over 55 mph, and do other clever tricks like figure the cost per mile or cost per kilometer of driving your car, the cost of the gas you use, and supply a variety of other helpful and entertaining information. It even has an alarm clock.



The Prince On-Board Computer can perform over two dozen different tasks.

Probably the biggest bargain in car computers is a tiny microprocessor, not much larger than a pocket calculator, that performs 28 different functions. Called CompuCruise, it costs only $160, though there's a fancier model for $190 that includes an electronic cruise control. CompuCruise can be wired into any car, and monitors your car from five different places. It has a transducer on the speedometer cable, another for engine temperature, and one to measure fuel flow. The electronic speed control needs a servo-mechanism, and of course, the CompuCruise must be connected to your car's electrical system. These are all tasks that an enterprising do-it-yourselfer can do in a few hours. On the CompuCruise, you preset the cruising speed you want, and forever after all you have to do is touch one button and the CompuCruise will accelerate your car to the speed you preset and then accurately keep it at that speed for as long as you wish. You never have to fiddle with the speed control again. In addition to the complicated calculations that other computers can do, it will report information like the inside and outside temperatures or how many hours and minutes till you run out of gas. Within five years, you can be sure that every new car will come with a computer like this as optional equipment, but why wait that long?

Music on the road

One of the nicest results of the revolution in electronics is the miniaturization of really top-quality audio components. The same technology that can fit a digi-

Continued on page 46



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19 mg. "tar", 1.3 mg. nicotine av. per cigarette, FTC Report MAY '78.

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AUTO SUGGESTIONS

continued from page 44

tal computer into a pack of cigarettes can also fit a concert hall into your car. Start with an antenna. In most experts' opinion, the best are signal-seeking electronic antennas, which have their own solid-state amplifier built into the base of the antenna itself to amplify the signal going to the AM/FM receiver. The least expensive is the Hirschmann Model 3800 at $40; the automatic retracting Model 6900 costs around $110.

For around $300, you can buy a top-quality AM/FM/Cassette sound source. This combination tuner-tape deck will be the size of a *Webster's Collegiate Dictionary*, and can be mounted right in the dashboard of your car where the radio normally goes. Many different manufacturers make high-quality sound sources, from medium-price companies like Jensen, Pioneer, Craig, and Motorola to really expensive brands like Blaupunkt and Audio Mobile. Radio Shack makes a high-power cassette player if you only want to play tapes.

For best sound in a car, get a component amplifier of at least 40 to 50 watts per channel, to drive your speakers harder than normal, compensating for lack of air space to transmit sound in a car. Linear Power, Audio Mobile, and Laser Acoustics are among the companies making high-quality amplifiers. These cost around $200 and are also about the size of a *Webster's Dictionary* and can be mounted inconspicuously under the dash, under the seat, in the trunk or almost anywhere there's room in your car.

While automobile manufacturers all use 6-by-9-inch oval speakers in their stereo systems, ideally the shape for a speaker is round. Good quality round component speaker systems cost anywhere from $100 to $500, and are made by companies like EPI and ADS. If you own a big, luxury car that's fairly quiet, you're ready to enjoy a sound system of this quality. Smaller cars or trucks should be insulated for the best stereo sound. Most audio experts recommend using foil-backed fiberglass household insulation. Stuffed above the headliner, inside the door panels and under the carpets, it will not only make your car quiet, but also keep it cooler in summer and warmer in winter.

Electronic ignition system

The new electronic ignition system or CDI is standard equipment in many new cars, but you can add this refinement for $50 on your own vehicle now. A small infrared light, a notched scanning disc, and a modular amplifier replace the inside of the distributor which controls the firing of the sparkplugs. Now your sparkplugs will always produce an optimum, high-voltage spark. There's nothing to wear out, and there's no need for your mechanic to replace ignition panels again. Just the savings in tune-ups and replacement parts will usually pay for an electronic ignition conversion within a year, plus your car's engine will run more smoothly. It should use less gasoline and produce fewer exhaust pollutants.

Electronic gauges

For the keen driver who wants a simultaneous reading of all facets of his car's condition, there is the Avatar 8000, which costs $350. It is a collection of eight super-accurate gauges with digital readouts for your speed, engine revolutions, water temperature, oil temperature, battery voltage, elapsed time, and time of day. There is even a special tachometer which lights up a series of 24 lights across the top of the Avatar to tell you when to shift into the next higher gear. The Avatar 8000 weighs 1 pound and is only 9 inches wide and 1.5 inches high. It can be mounted on top of or under the dash. It doesn't have a memory and it won't do all the calculations of the other computers but some prefer the advantages of simultaneous readouts without pushing buttons.



Avatar 8000 has 8 accurate gauges with digital readouts—no pushbuttons.

Finally, for $9.95 you can buy a tiny space-age gadget that's perfect for people who lose track of car tune-up schedules. The Car-Comp is a 2-by-1-by-1-inch cube that contains a counter which starts when your engine is started, stops when you shut the engine off. It adds up the total amount of time your engine is running, so you can have it serviced at the proper intervals. You can preset the Car-Comp to go off at either 100, 120, 150, 180, 200, or 220 hours of engine running, which is roughly 5,000 miles to 12,000 miles of highway driving. When the Car-Comp lights up, it's time for a tune-up, oil change, and tire rotation. The Car-Comp uses a sealed solid-state timing capsule which you replace for $1.95 after the warning light goes on. If you're the sort of person who habitually forgets to have your car serviced, that's a small price to pay for a dependable reminder.

Sources

Car computers

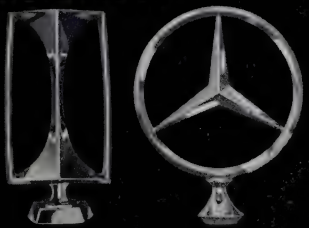
Prince On-Board Computer, Prince Corporation, Box 6, Holland, Mich. 48423
CompuCruise, Zemco, Inc., 1136 Saranap Ave., Walnut Creek, Calif. 94595

Electronic gauges

Avatar 8000, Grass Valley Instruments, 12555 Loma Rica Dr., Grass Valley, Calif. 95945
Car Comp, Compuline, Inc., 2 Carlton Ave., East Rutherford, N.J. 07073 ■

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ELECTRONIC CIRCUIT



By David Lachenbruch

Microwave cooking: It's good for you

Plus how to program your electronic housekeeper and news about machines that teach a language

Q I know microwave cooking is very convenient, but how do the nutritional values of food cooked by microwaves compare with those of food prepared in conventional ways?

A This is an area in which there has been an extremely large amount of research, and test after test has shown substantially greater amounts of nutrients are maintained in foods cooked by microwaves than in those cooked by traditional methods, such as boiling, frying, and baking. This is generally attributed to two factors: Since microwave cooking is faster, fewer of the nutrients are "cooked away." And because little or no water is added in microwave food preparation, there's less chance of boiling the value out of the food.

A recent study at Cornell University comparing the cooking of fresh fruits and vegetables by microwaves and by conventional methods found that in 18 out of 24 cases "the ascorbic acid (vitamin C) content of the microwave-cooked product was significantly higher" than in food cooked in other ways. Other research has shown sharply higher retention of thiamin (vitamin B1) and riboflavin (B2) in hamburger, frankfurters, haddock, and beef and pork roasts, as well as a variety of other foods, even including cake mixes, when prepared by microwave. Further studies show that heating of frozen foods by microwaves retains more vitamin C and niacin content than other methods, including infrared cooking.

In a survey of cooking methods used by hospitals, Dr. Robert V. Decareau concluded that "the potential for microwaves in maximizing nutrient retention has only just been tapped" and "it can hardly fail to grow in importance and be expanded into all food-service areas to the benefit of mankind." Dr. Gertrude Armbruster, associate professor of nutritional sciences, who supervised the Cornell research, summed up: "For a society that is as nutrition-conscious as the U.S. population is, these results are strong arguments favoring the use of microwave cooking methods."

Q How can I learn to program and operate a full-size home computer?

A Before a computer can be operated, it must be "programmed." A program is simply a set of instructions to the computer. Most home computers come with at least some programs already prepared and have a variety of others available at extra cost. These programs usually are on tape cassettes, similar to those used for sound recording. For familiarization with a computer, it's a good idea to use a few of these simple, ready-made programs, particularly those which are fun —for example, ones which let you play games, such as blackjack or tick-tack-toe, against another opponent or the computer itself. This is an excellent way to learn not to be intimidated by the very idea of a computer.

To do your own programming, you must learn "computer language." The most popular of the several computer languages for simple personal computers is called "Basic" (which stands for "Beginners' All-purpose Symbolic Instruction Code"). The instruction manual which comes with the computer usually gives easily mastered details on programming. In addition, there are several good elementary books on computers and programming which are generally available at the same stores which sell the computers. Some computers even have cassettes which use the computer itself to instruct users in how to program them.

A new trend is to classroom instruction by computer dealers at both elementary and advanced levels. Some public-school adult-education courses are now available in the use of personal computers. And if you have children of school age, they may be able to teach you a lot more about your computer than you think, since many schools now use computers in the classroom. Within the next year or so, however, a large number of prepared programs on virtually every subject from menu preparation, list storage, household finances, diet and nutrition, to learning a foreign language and music composition will become available. Although the idea of a household computer still (and falsely)

Continued on page 52



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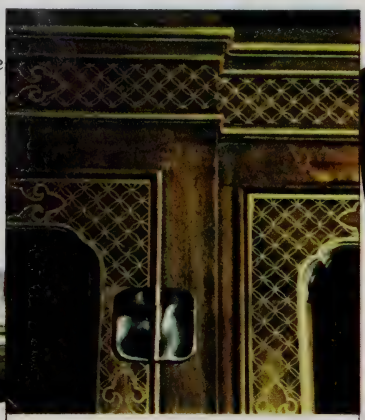
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ELECTRONIC CIRCUIT

continued from page 48

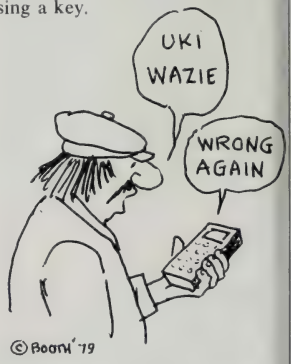
conjures up visions of robots and "Big Brother," it very soon may become a commonplace aid to saving work and energy, increasing knowledge, enhancing leisure time, and managing more efficiently in the home.

Q I've heard it's possible to learn a language on a portable computer—how does it work?

A As new integrated-circuit "chips" are developed, small electronic gadgets become more and more "intelligent" and more useful and intriguing. The new hand-held computers for learning languages look very like calculators. These battery-operated, portable machines have letter and number keyboards and a screen. You punch in a word or phrase in one language and the screen displays it in another. Two units, one sold by Lexicon Corporation and the other by Craig Corporation, sell for $200 to $225. They both use special modules or cartridges to change languages. Each module has a vocabulary of about 1,5 words. The Lexicon accommodates o cartridge at a time, the Craig three. T two work in somewhat different wa but their functions are similar. The Cra unit comes equipped with an Engli cartridge. French, German, Italia Spanish, and Japanese cartridges c $25 each. There'll be more later.

With three cartridges in the machin it will translate from any one langua to any other. For quick use, a list of common phrases (such as "how mu does this cost" or "where is the —") printed on the back of the machine, t gether with a key number for each. translate one of these phrases, you si ply press the number corresponding it and the screen reads it out. The d play holds up to 16 letters, but if t phrase is longer, the letters roll to t left to display the complete phrase.

While the translator can be used as "speaking aid" in foreign countries, also is useful as a language learning to It can be set to flash common words the screen in English, letting you ty out the foreign translation; then it te you if you're wrong and flashes the c rect spelling. If at any time you enter word which is spelled wrong, the m chine helps you find the right word flashing on the screen a group of wor which are similar, letting you select t proper one. If you enter an English wo with more than one meaning, the m chine lists several possible meanin waiting for you to select the right one pressing a key.



These machines have potential f beyond language translation. Eventual they'll be able to store recipes or form las, statistics, calorie equivalents, serve as dictionaries and quick pock references in various subjects, depen ing on the cartridges available.

Many of the hand-held computers a just plain good fun. One, which com bines children's education with ente tainment is Texas Instrument's "Spea & Spell," a relatively low-priced (und $50) device containing a newly deve oped circuit called a "voice synthesizer. The Speak & Spell has a letter keyboa and a screen on which words are spell out in green calculator-like letters.

Continued on page 18



This 2-in-1 agitator

makes our washer tough when it has to be. Gentle when it should be.

Get it with this JCPenney laundry pair and

save $90.



A washer with two agitators in one. High vane for normal to heavily soiled clothes. Self storing, low ribbed agitator for delicates including hand-washables. And, the matching large capacity dryer lets you do the complete laundry job.

Sale 329.95 #1745 Large capacity washer Regularly 379.95

Sale 249.95 #4755 Electric dryer Regularly 289.95

#5755 Gas dryer. Reg. 319.95. **Sale 279.95**

The JCPenney Mark of Quality. The critical components of this laundry pair have been factory tested by electronic equipment to rigid JCPenney standards.

The JCPenney Time Payment Plan. The easy, convenient way to budget large purchases.

Full One Year Warranty. One year home service to correct any defects in material or workmanship.

Our Assured Performance Plan. Additional, unlimited service by trained technicians at a small yearly charge.



Sale prices effective March 18th through April 14th. At stores with major appliance departments. Prices slightly higher in Alaska, Hawaii, Puerto Rico. Sorry, not available outside normal delivery area. Phone for details.

This is JCPenney



White

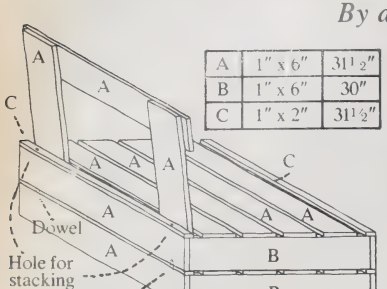
Fresh Avocado

Almond

©1979 JCPenney Co., Inc.

HOW TO MAKE THE MAGIC MODULE

By designer Peter Stamberg (see page 166)



A	1" x 6"	31½"
B	1" x 6"	30"
C	1" x 2"	31½"

Materials

Note: Each seat unit requires 2 basic boxes, 2 dowels, 1 back unit.

Basic box:

- Four 6-foot lengths of 1-by-6-inch #2 pine $12.72
- One 6-foot length of 1-by-2-inch #2 pine $1.08
- 2 oz. 1½-inch finishing nails (about 48) $0.10
- Wood glue (⅛ of 16 oz. bottle) $0.15
- 4 sheets sandpaper $0.60
- 2 2-inch connecting dowels, ½ inch in diameter $0.20

Total $14.85

Back unit:

- 8-foot length of 1-by-6-inch #2 pine $4.24
- 1 oz. 1¼-inch #16 gauge wire brads (about 10) $0.05
- Wood glue (1/16 bottle) $0.08
- 2 sheets sandpaper $0.30

Total $4.67

Tools

Hand saw
Hand drill
Hammer
Carpenter's square
Sanding block
Tape measure
Pencil

Step 1 Construction of basic box

Cut wood to size as follows:

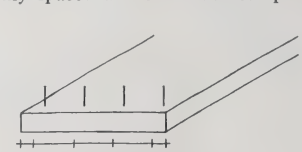
- 6 pieces 1-by-6-inch pine, 31½ inches long for 4 seat slats, plus front and back of seat frame (see "A" in above diagram)
- 2 pieces 1-by-6-inch pine, 30 inches long for sides of seat frame (see "B")
- 2 pieces 1-by-2-inch pine, 31½ inches long for narrow seat slats (see "C")

Step 2 Sand wood

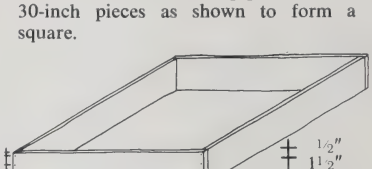
- Sanding can be done by wrapping paper around a short block of wood or with power sander. First use medium grain sandpaper to remove splinters, edges, and bumps. Next use fine grain paper until wood is smooth. (If you plan to paint, this will be sufficient. If you plan to apply a clear finish, sand with finishing paper before applying first coat and also between coats.) To smooth the wood edges, sand them three or four times.

Step 3 To make box frame

- Start four nails into each end of two 31½-inch-long 1-by-6-inch pieces. The nails are ½ inch from the ends and evenly spaced about 1½ inches apart.

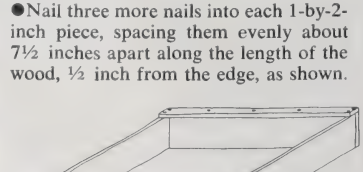


- Spread glue on the ends of the shorter 30-inch-long frame pieces.
- Nail the 31½-inch-long pieces to the 30-inch pieces as shown to form a square.

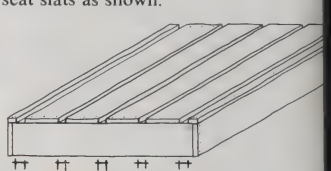


Step 4 To complete box

- Start 2 nails into each end of the two 1-by-2-inch pieces, about ¾ inch apart.
- Start 3 nails into each end of the four remaining 31½-inch-long 1-by-6-inch pieces evenly spaced about 2 inches apart.
- Spread glue on the top edge of the frame along the 31½-inch lengths which form the front and back.
- Making sure the frame is square, nail the 1-by-2-inch narrow seat slats to the frame (see below).
- Nail three more nails into each 1-by-2-inch piece, spacing them evenly about 7½ inches apart along the length of the wood, ½ inch from the edge, as shown.

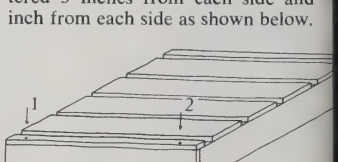


- Spread glue for remaining seat slats starting 1½ inch from the 1-by-2-inch slats and continuing across frame as marked in the following diagram.
- Nail the four 31½-inch 1-by-6-inch seat slats as shown.

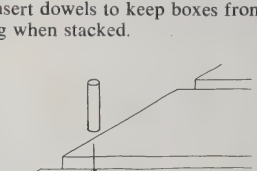


Step 5 To make complete seat unit with two boxes

- Drill four ½-inch holes 1 inch deep in each box, two in the top and two in the bottom, as shown. The holes are centered 3 inches from each side and 5 inch from each side as shown below.

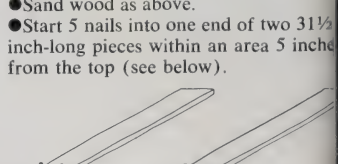


- Insert dowels to keep boxes from slipping when stacked.



Step 6 Assembly of back unit

- Cut wood to size as follows: 3 pieces 1-by-6-inch pine, 31½ inches long (see "A" in first diagram).
- Sand wood as above.
- Start 5 nails into one end of two 31½-inch-long pieces within an area 5 inches from the top (see below).



- Mark 4 lines across the remaining piece at the points marked above.
- Spread glue between lines.
- Place the first two pieces on the glued surfaces and, making sure they are square, nail them into position. ■

mg. "tar", 0 ,8 mg. nicotine av. per cigarette by FTC method.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

Introducing *Rich Lights* from Viceroy.

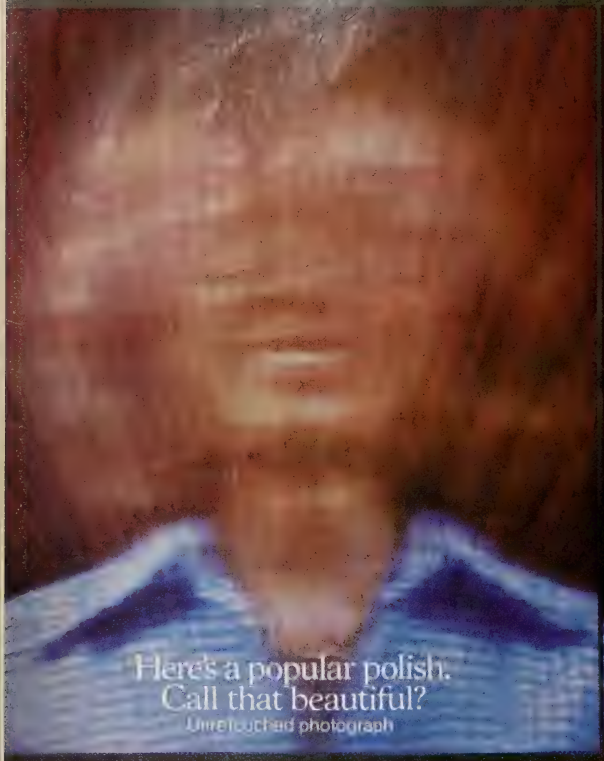


The first low 'tar' cigarette good enough to be called *Rich*.

Kings and 100's.

© 1979 B&W & Co.

A clear case for Pledge.





See? Your wood looks clean, more beautiful.

You're looking at clear proof that Pledge® does more for the beauty of your furniture.

See the popular polish on the left? The wood's not as beautiful.

But look on the right. Pledge cleans away dirt, fingerprints and smudges. Pledge highlights the beauty of the wood better.

With Pledge, the wood looks clean and more beautiful. You can see the grain.

Now, isn't it clear why you should change to Pledge?

See clean natural beauty. Everytime you dust.





OFFICIAL HEADQUARTERS HOUSE & GARDEN COLORS

Look for this poster at these stores which have a selection of furniture, carpets, decorative accessories in our 1979 Colors, and products in "Sea Greens & Sky Blues" as seen on pages 148-151.

ALABAMA
Birmingham ..... Pizitz
Brookwood ..... Pizitz
Eastwood ..... Pizitz
Five Points West ..... Pizitz
Gadsden ..... Pizitz
Huntsville ..... Pizitz
Montgomery ..... Pizitz
Roebuck ..... Pizitz

ALASKA
Anchorage ..... Nerland's
Fairbanks ..... Nerland's

ARIZONA
Phoenix ..... Breuner's
Scottsdale ..... Breuner's

CALIFORNIA
Campbell ..... Breuner's
Century City ..... The Broadway
Daly City ..... Breuner's
Delano ..... The Broadway
El Cerrito ..... Capwell's
Foxhill ..... The Broadway
Fremont ..... Capwell's
Fresno ..... Breuner's
Hayward ..... Capwell's
Hilltop ..... Capwell's
La Jolla ..... The Broadway
Los Angeles ..... The Broadway
Newport ..... The Broadway
Pleasant Hill ..... Breuner's
Richmond ..... Breuner's
Sacramento ..... Breuner's
San Carlos ..... Breuner's
Santa Rosa ..... Breuner's
Sherman Oaks ..... The Broadway
San Rafael ..... Casa Marin
Stockton ..... Breuner's
Vallejo ..... Breuner's
Walnut Creek ..... Capwell's

COLORADO
Aurora ..... May D & F
Colorado Springs ..... May D & F
Denver
- Bear Valley ..... May D & F
- North Valley ..... May D & F
- University Hills ..... May D & F

Ft. Collins ..... May D & F
Lakewood ..... May D & F
Littleton ..... May D & F

CONNECTICUT
Enfield Square ..... G. Fox & Co.
Hartford ..... G. Fox & Co.
Meridan
- Meridan Square ..... G. Fox & Co.

Milford ..... Wayside of Milford
Naugatuck
- Naugatuck Valley Mall ..... G. Fox & Co.

Trumbull ..... G. Fox & Co.
West Farms
- West Farms Mall ..... G. Fox & Co.

DELAWARE
Wilmington ..... Strawbridge & Clothier

DISTRICT OF COLUMBIA
Washington ..... Woodward/Lothrop

FLORIDA
Altamonte Springs ..... Burdines
Bradenton ..... Maas Bros.
Clearwater ..... Burdines
Dadeland ..... Burdines
Daytona Beach ..... Ivey's
Ft. Lauderdale ..... Burdines
Ft. Meyers ..... Maas Bros.
Gainesville ..... Maas Bros.
Hollywood ..... Burdines
Jacksonville ..... Ivey's
- Orange Park ..... Ivey's
- Regency Square ..... Ivey's
- Roosevelt Mall ..... Ivey's

Lakeland ..... Maas Bros.
Merritt Island ..... Ivey's
Miami ..... Burdines
Miami Beach ..... Burdines
Naples ..... Maas Bros.
Orlando ..... Burdines
Pensacola
- University Mall ..... McRae's

Pinellas Park ..... Ivey's
Plantation ..... Burdines
Pompano ..... Burdines
Sarasota ..... Burdines
St. Petersburg ..... Maas Bros.
Tampa ..... Maas Bros.
Westland ..... Burdines
West Palm Beach ..... The Pioneer Co.
Winter Haven ..... Maas Bros.
Winter Park ..... Ivey's

GEORGIA
Atlanta ..... Rich's
- Cumberland Mall ..... Rich's
- Lenox Square ..... Rich's
- Perimeter Mall ..... Rich's

Decatur
- North DeKalb ..... Rich's

ILLINOIS
Arlington Heights ..... John M. Smyth
Aurora ..... John M. Smyth
Calumet City ..... John M. Smyth
Chicago
- Ford City ..... John M. Smyth
- Michigan Ave. ..... John M. Smyth

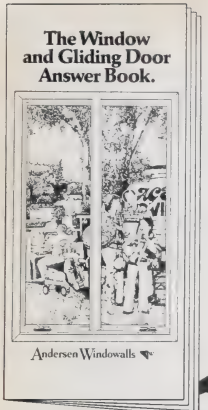
Oakbrook ..... John M. Smyth
Park Forest ..... John M. Smyth
Skokie ..... John M. Smyth
Springfield
- Bressmers ..... Stix, Baer & Fuller
- White Oaks ..... Stix, Baer & Fuller

Vernon Hills ..... John M. Smyth
Yorkville
- Yorkville Appliance & Furniture Co.

INDIANA
Fort Wayne ..... L. S. Ayres

Continued on next page





FREE

Andersen answers your window and gliding door questions.

Tips on selecting the right window. How weathertight design and double-pane insulating glass save energy. The many advantages of vinyl-sheathed wood windows. These answers and more are available in a colorful 24-page booklet.
It's packed with facts, descriptions and beautiful applications of Andersen primed wood and Perma-Shield® vinyl-sheathed windows and gliding doors.
All free for the asking.

Please send me "The Window and Gliding Door Answer Book."
Mail to: Andersen Corporation, Box 12, Bayport, MN 55003
I plan to: ☐ Buy ☐ Build ☐ Remodel
Name
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003-039

The beautiful way to save fuel
Andersen Windowalls®

Color headquarters
continued from preceding page

Indianapolis
- Glenda'e ..... L. S. Ayres
- Greenwood ..... L. S. Ayres
- Lafayette ..... L. S. Ayres
- Washington Square ..... L. S. Ayres

Muncie ..... L. S. Ayres
South Bend ..... L. S. Ayres

IOWA
Cedar Rapids ..... The Killian Co.
Des Moines ..... J. L. Brandeis
Iowa City ..... The Killian Co.
Spirit Lake ..... Carpenter Interiors

LOUISIANA
New Orleans ..... D.H. Holmes
- Canal Street ..... D.H. Holmes
- Lakeside ..... D.H. Holmes
- Oakwood ..... D.H. Holmes

MAINE
South Portland ..... Jordan Marsh

MARYLAND
Annapolis ..... Woodward/Lothrop
Baltimore
- Golden Ring Mall ..... Stewart & Co.
- Reisterstown ..... Stewart & Co.
- Westview ..... Stewart & Co.
- York Rd. ..... Stewart & Co.

Chevy Chase ..... Woodward/Lothrop
Iverson Mall ..... Woodward/Lothrop
Lake Forest ..... Woodward/Lothrop
Landover Mall ..... Woodward/Lothrop
Montgomery Mall ..... Woodward/Lothrop
Prince Georges ..... Woodward/Lothrop
Timonium ..... Stewart & Co.
Wheaton Plaza ..... Woodward/Lothrop

MASSACHUSETTS
Boston ..... Jordan Marsh
Braintree ..... Jordan Marsh
Brockton ..... Jordan Marsh
Burlington ..... Jordan Marsh
Cape Cod ..... Jordan Marsh
Framingham ..... Jordan Marsh
Hyannis ..... Jordan Marsh
Lowell ..... Jordan Marsh
Lynn ..... Saxony House
Malden ..... Jordan Marsh
Methuen ..... Jordan Marsh
Peabody ..... Jordan Marsh
Worcester ..... Jordan Marsh

MICHIGAN
Ann Arbor ..... J. L. Hudson
Dearborn ..... J. L. Hudson
Detroit ..... J. L. Hudson
Duluth ..... Arrowhead Home Furnishers
Eastland ..... J. L. Hudson
Fairlane ..... J. L. Hudson
Flint ..... J. L. Hudson
Grand Rapids ..... J. L. Hudson
Harper Woods ..... J. L. Hudson
Lakeside ..... J. L. Hudson
Livonia ..... Newton Furniture
Northland ..... J. L. Hudson
Novi ..... J. L. Hudson
Oakland ..... J. L. Hudson
Pontiac ..... J. L. Hudson
Saginaw ..... J. L. Hudson
Southland ..... J. L. Hudson
Sterling Heights ..... Newton Furniture
Taylor ..... J. L. Hudson
Troy ..... J. L. Hudson
Westland ..... J. L. Hudson

MISSISSIPPI
Jackson ..... McRae's
- Metrocenter ..... McRae's

MISSOURI
Kansas City
- Independence ..... Stix, Baer & Fuller
- Oak Park ..... Stix, Baer & Fuller
- Ward Parkway ..... Stix, Baer & Fuller

St. Louis
- Chesterfield ..... Stix, Baer & Fuller
- Crestwood ..... Stix, Baer & Fuller
- Jamestown ..... Stix, Baer & Fuller
- Northwest Plaza ..... Stix, Baer & Fuller
- Riveroad ..... Stix, Baer & Fuller
- Westroads ..... Stix, Baer & Fuller

NEBRASKA
Columbus ..... J. L. Brandeis
Grand Island ..... Miller & Paine
Lincoln ..... Miller & Paine
Omaha
- Ames Plaza ..... J. L. Brandeis
- Bakers Square ..... J. L. Brandeis
- Crossroads ..... J. L. Brandeis
- North Shore ..... J. L. Brandeis
- Southroads ..... J. L. Brandeis
- Westgate ..... J. L. Brandeis
- Westroads ..... J. L. Brandeis

NEW HAMPSHIRE
Bedford ..... Jordan Marsh

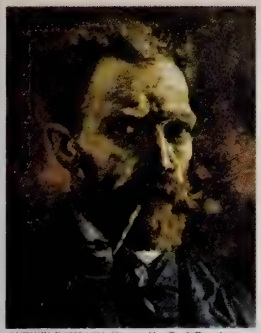
NEW JERSEY
Bernardsville ..... Greenbaum Bros.
Cherry Hill ..... Strawbridge & Clothier
East Brunswick ..... Huffman-Koos
Eatontown ..... Huffman-Koos
Echelon ..... Strawbridge & Clothier
Freehold ..... Huffman-Koos
Hackensack ..... Huffman-Koos
Lawrenceville ..... Convery's
Livingston ..... Huffman-Koos
Manalapan ..... Steinbach's
Paramus Park ..... Abraham & Straus
Parsippany ..... Huffman-Koos
Paterson ..... Greenbaum Bros.
Pleasantville ..... Steinbach's
Pompton ..... Huffman-Koos
Rahway ..... Huffman-Koos
Ridgewood ..... B. Altman & Co.
Seaview Square ..... Steinbach's
Short Hills ..... B. Altman & Co.
Somerville ..... Huffman-Koos
Springfield ..... Huffman-Koos
Totowa ..... Huffman-Koos
Woodbridge ..... Abraham & Straus

NEW MEXICO
Albuquerque ..... American Furniture

NEW YORK
Albany ..... Mayfair
Babylon ..... Abraham & Straus
Brooklyn ..... Abraham & Straus
Buffalo
- Amherst ..... Flanigan's
- Orchard Park ..... Flanigan's

Canandaigua ..... Flanigan's
Elmhurst ..... Abraham & Straus
Garden City ..... Abraham & Straus
Hempstead ..... Abraham & Straus
Huntington ..... Abraham & Straus
Jamestown ..... Wellman Bros.
Lake Grove ..... Abraham & Straus
Manhasset ..... B. Altman & Co.
Nanuet ..... Huffman-Koos
New York ..... B. Altman & Co.
Olean ..... Flanigan's

Continued on page 62



ANTWERP 1885-1886, Vincent Van Gogh Foundation, Amsterdam



PARIS 1887, Vincent Van Gogh Foundation, Amsterdam



PARIS 1887, Rijksmuseum Kroller-Muller, Otterlo



PARIS 1887, Vincent Van Gogh Foundation, Amsterdam

Vincent

Can you follow the story of this tragic genius in these self-portraits?



ARLES 1888, Fogg Art Museum, Harvard U., bequest of collection of Maurice Wertheim



SAINT-REMY OR AUVERS LATE 1889-1890, Jeu De Paume, Musée De Louvre, Paris

Notice the changes in these faces, reflecting Van Gogh's growing self-awareness. The final self-portrait was painted only months before his suicide. In his brief career, spanning only 10 years, Vincent Van Gogh produced more than 1,700 paintings. Yet he sold only one—and that for an equivalent of $80. (Recently, a Van Gogh sold for more than $1 million.) During his life, he so belittled himself that he signed his work merely "Vincent."

To have a clearer understanding of art, to know what to look for when you stand before a painting, you will appreciate the TIME-LIFE LIBRARY OF ART. Written in informal, narrative style by distinguished art historians, these books give you a complete introduction to seminal artists—Michelangelo, Rembrandt, Titian, Vermeer, Cézanne, Matisse, Picasso—and knowledge of the influence each had on the world's 700-year heritage of fine art.

We invite you to examine *The World of Van Gogh* for 10 days, at no obligation whatsoever.

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BHB8M8

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☐ Mrs. _____
☐ Miss (please print)

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City _____

State or Province _____ Zip or Postal Code _____



Headquarters, *continued from page 58*

Poughkeepsie .....Flanigan's/Fleishman's
Rochester
Greece .....Flanigan's
Henrietta .....Flanigan's
Pittsford .....Flanigan's
White Plains .....B. Altman & Co.

NORTH CAROLINA
Dunn .....Belk's
Fayetteville .....Belk's
Greensboro .....Belk's
Laurinburg .....Belk's
Rockingham .....Belk's
Wilmington .....Furniture City
Winston-Salem .....Belk's

OHIO
Akron .....O'Neil's
Beldon .....Higbee's
Canton .....O'Neil's
Chillicothe .....Ebenhack & Son
Cleveland
Beachwood .....Higbee's
Euclid .....Higbee's
Parmatown .....Higbee's
Randall .....Higbee's
Severance .....Higbee's
Westgate .....Higbee's
Columbus
Eastland .....Lazarus
Kingsdale .....Lazarus
Northland .....Lazarus
Westland .....Lazarus
Coshocton .....O'Neil's
Dayton .....Rike's
Great Lakes Mall .....Higbee's
Kettering .....Rike's
Lima .....Lazarus
Mansfield .....O'Neil's
Midway Mall .....Higbee's
Richland .....Lazarus
Salem Mall .....Rike's
Springfield .....Rike's
Stow .....O'Neil's
Toledo .....J. L. Hudson
Warren .....Strouss
Youngstown
Austintown Plaza .....Strouss
Eastwood Mall .....Strouss
Liberty Plaza .....Strouss
Southern Park Mall .....Strouss

OKLAHOMA
Norman .....Mister Robert, Inc.
Oklahoma City .....John A. Brown
Tulsa .....John A. Brown

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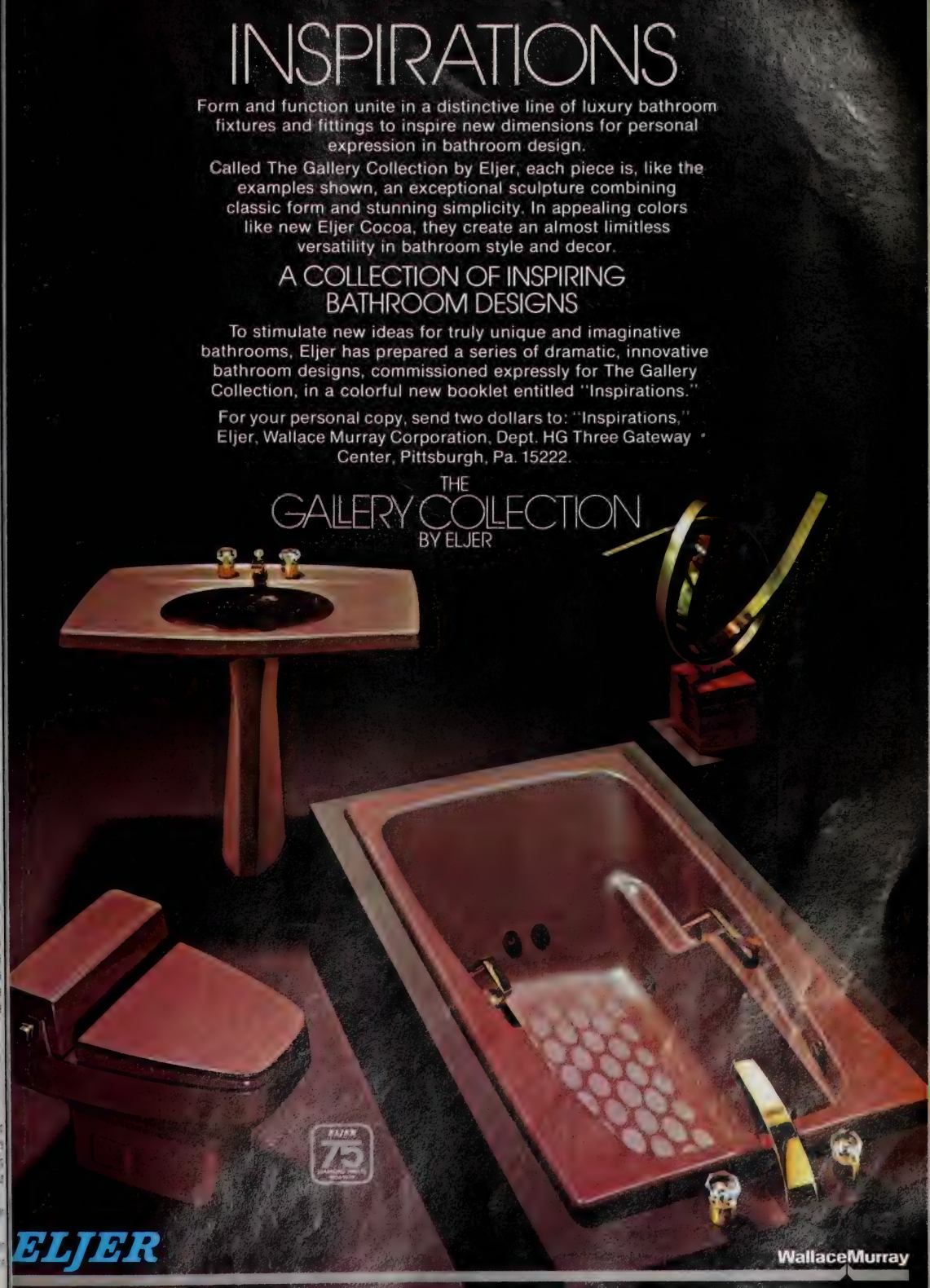
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PLANTS AROUND THE HOUSE

Giving plants the right drink

Tips and tactics for watering your indoor garden

By Richard Langer

The when-and-how of watering house plants is probably the most asked question in the tending of indoor greenery. And it's the most difficult to answer. To a large extent, this is because, unlike baking, for instance, where one can readily define matters by specifying what's needed—a cup of flour, 2 eggs, a tablespoon of sugar, and so forth—watering plants is much less precise, more like Grandma's recipes: "Add milk to the dry ingredients till the dough has the right consistency." The question remains, of course, what is the right consistency?

Probably more plants are killed by overwatering than by underwatering. On the other hand, due to underwatering, too many plants look like scraggly messes. The solution is to look beyond the watering can itself. Find out which plants like a lot of moisture and which do not. And find a way that no matter how much you water your plants, you won't overwater, which means taking a look at how you pot up your plants in the first place. When it comes to watering, what actually kills the plants is having their roots stand in the water. Submerged roots are unable to breathe. It's the same difference between walking in a heavy downpour and holding your head completely under water.

Cacti specialist Dr. J. DeWorth of Texas A&M, and other researchers in the field, have learned that growing specimens in very porous, gritty, sandy potting mixes promotes superior drainage and air circulation around the roots. An exceptionally loose, porous potting mixture, combined with proper potting methods, will make it impossible to overwater.

First into the pot, of course, go the traditional shards, those broken pieces of pottery that cover the bottom drainage hole. Now why put a hole there in the first place, you may well ask, if it's only to be covered up? The answer is that it should be covered in such a way that the soil won't wash out, yet water can pass through freely. This is why pieces of broken pottery are used. By placing the concave side down over the hole, you produce both desired results.

After the shards are in place, cover them with a 1-inch layer of very coarse gravel to which you have added a tablespoonful of activated charcoal (available at pet stores). The gravel gives extra drainage area. The charcoal keeps the soil and water "sweet." Now fill the pot with a very loose soil mix, one all the excess water will literally run right through. The so-called soilless mixes originally developed at Cornell work very well. The basic one consists of one part coarse sphagnum peat moss, one part medium-to-coarse vermiculite, and one part medium-to-coarse perlite, with about a teaspoonful of ground limestone per pot (except for acid-loving plants). This mix works very well in keeping your plant roots moist and happy. However, it provides no real nourishment, and *plants grown in it must be fertilized*

Continued on page 70

MARINA SCHINZ



Ferns thrive on pebble tray in city window

HOW TO WICK POTS

While I wouldn't bother with them for all my plants, pots with wicks have a definite place in a plant grower's repertory. Before you pot up a plant, thread a wick of fairly rot-resistant material through the bottom drainage hole of the pot. (Special potting wicks are available at many garden centers.) Anchor it in place with shards, but make sure you let it extend through them into the soil. Fill a reservoir beneath the pot with pebbles and water, and the

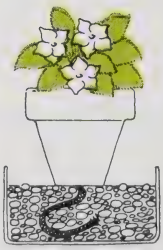
Continued on page 191



Misting *raises humidity and helps keep leaves clean and dust-free.*



Double-pot *with moss in between. It soaks up water like a sponge, releasing humidity slowly into the air around the plant.*



Watering wicks *draw from a pebble-filled reservoir below. They keep plants watered for a week or longer, depending on the size of the reservoir.*



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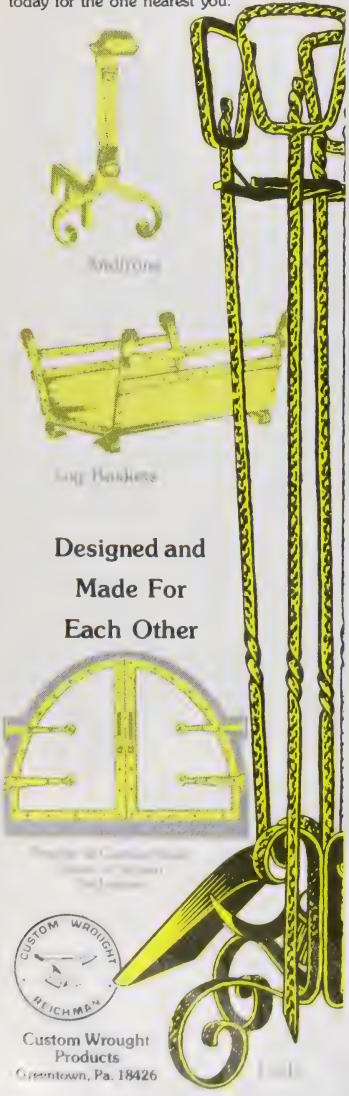
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PLANTS AROUND THE HOUSE

continued from page 64

on a regular basis. Replacing the perlite, whose white color I find esthetically unpleasing in any case, with an equal portion of rich, loose potting soil produces a mixture I've found pretty ideal for most house plants, providing nourishment as well as good, light footing.

When you pot up the plant, don't bring the soil level up all the way to the edge of the pot. This is probably the factor that produces more watering problems, psychological and physical, than any other. The rim around a pot serves two functions, neither of them thought about much these days. The first is that when the pots are stacked empty, one within the next, the pots don't jam together, but remain easily separable. Secondly, and most importantly, the rim indicates the proportionate amount of reserve space needed at the top of the pot in order for the soil to become moistened properly when watered.

Bring the soil level up barely above the bottom of the pot's rim when you plant, and you have a natural indicator of how much to water. Fill this reservoir with tepid water and the water will permeate all of the soil, with a little excess draining out the bottom, just what the plant needs.

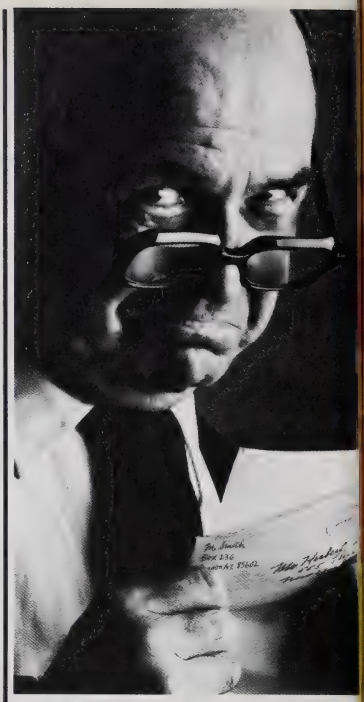
Too many potted plants have soil all the way up to the top of the rim. When you water the soil, water flows over the side almost immediately. So you automatically stop watering, but, unfortunately, only the top half or so of the soil becomes moist this way. Consequently, the plant develops a very small, shallow root system, not at all what it needs for good lush growth.

This, by the way, is probably the cause of the old water-from-above/water-from-below controversy. Some people found that pouring water into the saucer beneath the pot produced better growth than watering from above. But this was only because the plant never received enough water from above. The best way to water is still the traditional top-of-the-soil method—making sure that there's enough water each time so some excess drains out the bottom, indicating that all the soil in the pot has been moistened.

With regard to the quality of the water itself, heavily chlorinated water should stand overnight to permit the harmful chlorine to volatize off. Water that has been treated with a softening agent may harm plants. And plants find cold-water showers no more pleasant than most people do, so always use tepid water.

How often to water is, of course, a crucial question, but one that has solved

Continued on page 72



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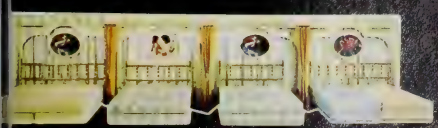
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PLANTS AROUND THE HOUSE

continued from page 70

itself if you have used a really loose porous potting mixture, a gravel bottom layer, and the properly sized top reservoir. Even if you water the plants every day, you can rarely give them too much, because the excess will immediately drain out. So if the surface soil feels dry, go ahead and water. All that will happen if the soil doesn't really need more moisture is that a puddle will grow in the dish beneath the pot. One note of caution in this regard: If you use a cachepot instead of a saucer for the overflow, too much excess water may collect in the bottom where you can't see it. Lift the plant pot out ten minutes after watering to check that the excess in the cachepot is not higher than the pot's gravel level. An inch or 2 of gravel in the bottom of the cachepot itself will provide some room for the overflow to evaporate slowly, raising the humidity around the plant to healthful levels.

Humidity

When one thinks of watering plants, one thinks of just that—pouring some water into the pots to moisten the soil. But atmospheric moisture, or humidity, is just as important to a plant. Lack of humidity dries out your plants, at best keeping them from growing well, at worst dehydrating leaves till they turn brown. To protect themselves from excessive water loss in the dry air, plants lose their leaves. Fewer leaves, less moisture loss—and less attractiveness. Plants need a relative humidity of about 40 to 50 percent. So do paintings, people, and fine wood furniture.

Misting your plants with tepid water daily, or better yet, two or three times a day, is helpful. But misting raises the humidity only temporarily. Growing the plants in groups, say five or six pots together on one table or window sill, also helps because they tend to form a small high-humidity area around them from combined soil evaporation and leaf transpiration. Putting the group of pots on a pebble tray, where there's extra water in between the pebbles to evaporate constantly around the plants, is better yet. Best of all is a humidifier. You may make the humidifier less obtrusive by covering the top with arching plants. Your plants will thrive as never before, and you'll probably be healthier too.

The wet vacation

One real watering problem: Who does it, and when, while you're away? For shorter vacations—anything up to three weeks, or maybe even four if the plants are in big pots, which take longer to lose their moisture—you may use the bathtub with success. Put some of those plastic-covered wire dish drainers upside down in a bathtub. Then fill the

Continued on page 191







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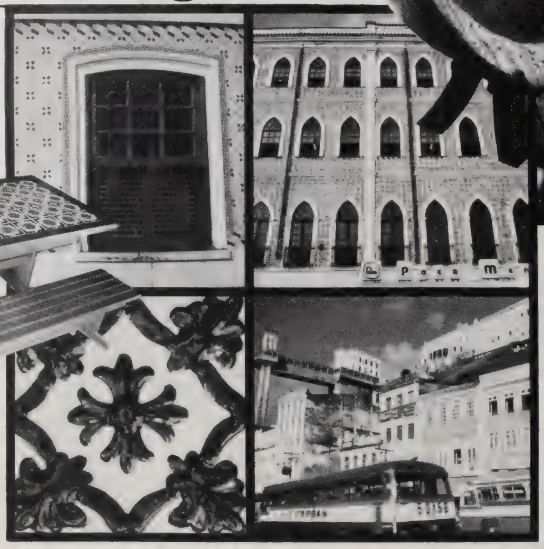
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GOING PLACES
FINDING THINGS

Brazil—two cities in contrast

By Beverly Russell



ROGER BESTER

Above: Red tiles surface greenery-filled terraces in a Rio apartment. Far left: modern tiles in a red lacquer table. In Bahia, tiles around a window and on a building façade. Bottom: traditional blue on white tile made in Petropolis. Bahia street with view of elevator. Inset: Handmade chair from an old cattle trough.

When the wind whips at your face, snow is gathered in the gutter, and winter has lost its magic, it's time to go south—very far south. Eight-and-a-half hours by jumbo jet from New York, you deplane into the tropical fiesta resort, Rio de Janeiro. You will bless the jumbo's wide seats and the classical music lullaby on the headset (Horowitz played Chopin for me). You land at 8 A.M., two hours later than the information on your wrist watch. Palm trees and luxuriant foliage line the streets on the half-hour drive to the fabled Copacabana Beach. In the humid haze glinting with early-morning sun, your driver points out the eerie-shaped "Sugarloaf" mountain, and the baroque Gloria church balanced precariously on a hilltop. The impression for the newcomer to the Southern Hemisphere is that architecture, avenues, beach, alfresco restaurants resemble a fabulous soufflé of every Latin country in Europe—Portugal, Spain, Southern France, Italy.

You can stay on the "Copa" as your pocketbook dictates. Probably most luxurious is the Copacabana Palace—like all Palace hotels, it's an exuberant example of wedding-cake rococo architecture, positioned just about in the middle of the 3-mile-long Copa beach. Other visitors prefer the newer skyscraper hotels with swimming pools atop. The Hotel Regente, where we stayed, is quiet, comfortable, modern. Rooms are air conditioned, have shower baths, and refrigerators stocked with liquor, mixes, soft drinks, including a wonderful canned pear juice.

Experts who've made a study of jet lag say it's best to pick up the momentum of the city you land in. Don't nap on arrival. We shower (the water's so soft it must be rain), change, and have a Carioca (a word you hear a lot, the adjective for Rio and its inhabitants) breakfast, *cafe completo,* in the Colonial-style dining room. The waiter wheels up a trolley with a wonderful fruity plate of whole peeled oranges, papaya, watermelon, bananas, served with sliced cheeses and ham. The menu continues in a high-protein way—eggs, omelettes, or very milky oatmeal.

Breakfast over, take your body out for browning, even though the clock is inching up to noon. Why resist the "Copa" when the hotel supplies *gratis* as

Continued on page 76

The Biltmore House

A French château in the North Carolina Hills

By Penelope W. Linck



Château-like façade of Biltmore House

The rolling hills outside Asheville, North Carolina, hide treasure: a 250-room, almost-French château called Biltmore House. When George Washington Vanderbilt, grandson of Cornelius, stood on the balcony outside his family dining room (not the Banquet Hall which seats 50 at one long table), he could see 30 miles to Mount Pisgah and know that he owned all of it—125,000 acres. In the late 1880s, Mr. Vanderbilt had asked Richard Morris Hunt, architect, and Frederick Law Olmsted, landscape architect, to come to Asheville and create a country retreat—like a Loire Valley château.

Today, Biltmore is much more than a big house. The driveway winds 3 miles from the lodge gate before reaching it, then through Mr. Olmsted's signature work—along the French Broad River, across it several times on fieldstone bridges, by fields of wheat and hay and through parklike places full of native plants. Walking paths crisscross everywhere and are open to strollers. Olmsted's plan was to have something in

Continued on page 80

NEWS For Spring: Flower show, house visits, garden symposium



Philadelphia blossoms for a week in March—from the 18th to the 25th—when the annual **Flower and Garden Show** is held in the Civic Center. It's the largest flower show in the East, and one of the finest in the country. Over 4½ acres of special exhibits will be on display, with everything from azaleas to zinnias. Special gardens, each about 1600 square feet,

Continued on page 82

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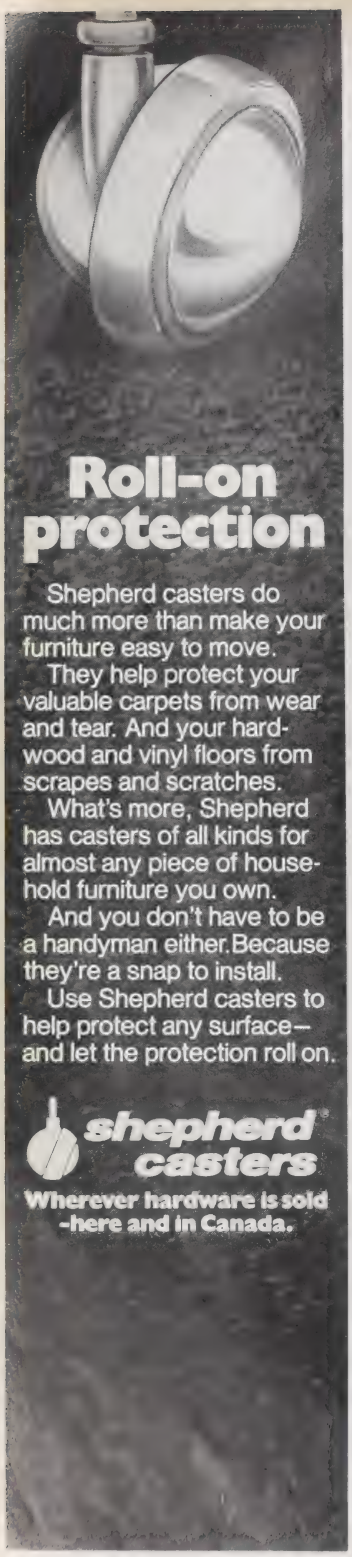
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GOING **PLACES,** FINDING **THINGS**

continued from page 74

many parasols as you want for protection? The rollers burst forth in frothy tiers, gorgeous tanned bodies dive in and out of the surf. The assortment of bikinis is as confusing to the sensory system as 1,000 varieties of ice cream. There's no need to break the idyll for lunch. The beach is a fairground of itinerant salespeople. We take juicy wedges of pineapple, a slice or two of Brazilian couscous, a triple-layered sandwich of shredded coconut, tapioca, and sugar. Five o'clock finds us back in the hotel showering off sand, smoothing in after-tan lotion, and deciding on the night's entertainments. By seven, the moon is glistening over the bay. All the way along the Avenida Atlantica between the beach and hotels are alfresco bars, restaurants, and cafés that you might see in Europe. For an apéritif, we try something more Brazilian, the Bip Bip, a street corner bar where there are more locals than tourists. Standing at the counter, we order a *caipirinha,* a drink composed of the local alcohol, *cachaça,* over a whole crushed fresh lime, drenched in sugar and ice. We pair it with an *empadinha,* a delicious little pie stuffed with shrimp or chicken. Behind the bar is a blackboard chalked with other *petiscos* (hors d'oeuvre), sausage, salami, quail eggs, olives, pickles.

From the Bip Bip, we walk along the Avenida leisurely, enjoying the people and the samba music, to the Ouro Verde, a small, elegant hotel with a reputation going back to the 30s. Another apéritif in the garden, and then into a gastronomic event. The cuisine is basically French, but you can find Brazilian tastes if you choose carefully. The local fish *badejo,* for example, is beautifully poached in a wine and cream sauce, with asparagus and whipped potatoes. Among the temptations on the dessert trolley is a pink, sweet *guava* compote, a native fruit that's a cross between an apricot and a fig.

Does the beach ever close? It seems not. There are people dancing, kissing, moon-gazing as you walk back along the Avenida. At five in the morning, some Cariocas are out there jogging and exercising before the day gets too hot. By eight, on a weekend, the shore is as crowded as you will see it any time of day. No wonder the bodies are so beautiful. With constant ocean massage, every muscle is toned. Brazilians are very sports-minded. All the way along the beach are volleyball nets. Fifteen minutes drive away, past the chic Ipanema beach, where the waves are high rollers, the surfers get their thrills. Carioca fitness consciousness extends to food and drink. For lunch, a Brazilian will often stop at a juice bar. *Casa do Sucos,* and choose from 19 different fresh fruits. Or mix two together—passion fruit with papaya, melon, and coconut. For novelty, try *fruta do conde,* the count's fruit. Follow with a *vitamina do abacate,* a blend of avocado, milk, and honey. These two are enough to keep you going until dusk.

While the beach is a continual magnet, with so many intriguing mountain peaks silhouetted in every direction around Rio, you can't resist adventuring. Climb up one hill to the Colonial church Outerio da Gloria, which many believe is one of the finest 18th-century baroque churches in the world. From there, continue to Santa Teresa, Rio's equivalent of Montmartre, where you can see work of the local artists in a museum on the Largo do Guimaraes. Some well-seasoned travelers choose to stay in this neighborhood, at the inexpensive but charming Hotel Santa Tersa—a good choice if you don't care to tan or swim.

Brazilians thrive on color. You see it in the cars they drive, the zingiest blues, greens, yellows, reds, and oranges ever seen on the road. And their houses—painted pink, lavender, blue, terra cotta, yellow with white shutters, or in the reverse with white walls and rainbow shutters. A drive to Petropolis, the "summer" capital an hour north into the cooler hills, will impress you with visual delights—houses nestling against tropical shrubs, the bright hibiscus, and everywhere the dazzling yellow national flower of Brazil called the *ipe amarela.*

In Petropolis, you find native ceramic and furniture ateliers. At Bonsuccesso, a village just beyond, young girls hand-paint or screen-print tiles with modern, traditional, or blue and white Portuguese designs. A table for six or eight, lacquered red, inlaid with red, white, and blue tiles on its surface is $300 with two matching lacquered benches. A little further along at Ceramica Luis Alvador are more tiles for walls, roofs, swimming pools, fountains. Pitchers, vases, plates, bowls, mugs, wine glasses, glorious casseroles, huge lamp bases, great cachepots for plants or trees are in marvelous colors—a rich red like château-bottled wine, an intense blue, deep sea green, a luminous white. Four heavy white dinner plates, with "crinkly" edges are $5. A marmalade pot, $3. Allow time for this day trip. You will spend longer than you planned, especially if you stay for lunch at the 18th-century Quitandinha, once a casino in Petropolis.

Back in Rio for dinner, we take a refreshing *batida de coco,* coconut milk cocktail spiced with pinga, on the 30th floor Sky Lab bar of the Othon Palace. There's a pool here, open to the sky; a canvas canopy shades the bar. From there, cab to the Copacabana Palace for dinner, where the dining room has black marble walls, white Chinese furniture,

Continued on page 78

THE SEAGRAM'S GIN CRYSTAL MARTINI.



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GOING **PLACES,** FINDING **THINGS**

continued from page 76

and an atmosphere redolent of Scott Fitzgerald and the 20s. We try something typically Brazilian, of course—*picadinho*, a dish with a basis of ground meat, mushroom, onions, olives and peppers served with rice and a fried egg on the side. Join it with a native dry red wine, *granja uniao*.

It's ten years since the world was impressed by Brazilia, an architectural assemblage of modern design. Today something else seems to be going on in terms of building. At the Barra and Costa Brava, a few miles along the coast from Rio where the affluent Cariocas are moving, recycling is in full swing. Each house is constructed with recycled materials—tiles, timbers, old planks, Victorian staircases, driftwood, railroad ties. You stand and stare at one extraordinary example, a house with a base of enormous logs lashed together to support a cement and steel structure topped off with a terra-cotta tiled roof. It is perched on its steel girders high on a rock, with a sheer drop to the ocean hundreds of feet below. A Victorian staircase winds up to a cantilevered deck. You feel if a hurricane hit this house and it toppled into the sea, miraculously it would float on its base of lashed-together tree trunks.

Two hours' plane trip northeast from Rio at Salvador, known to most Brazilians as Bahia, you will find one of Brazil's most spectacular architectural restorations. It's a 17th-century nunnery, now a very fine hotel, the Convento do Carmo. (If you saw the movie *Dona Flor and Her Two Husbands*, you will recognize the streets in this city.) Once in Bahia, you are no longer in familiar Latin surroundings—the atmosphere is Africa. People walk rhythmically with loads on their heads. Music is in their voices. Make the trip to Bahia if you possibly can to experience the contrast in lifestyles.

As your cab climbs narrow cobbled streets to the Convento, you are dazzled with houses in a rainbow of colors, iced with white decoration. The nunnery is hardly changed architecturally (part of it is still in use), just polished up, yet here is as much luxury and comfort as you can find anywhere in the world. The central courtyard is now a sunning terrace with a big round swimming pool in the middle. Your room is a nun's cell, with timbers criss-crossing the ceiling, polished wood floor, marvelous antique furniture. The bed is covered with a white hand-crocheted spread; white lace curtains hang in front of shuttered windows. There's a window seat where once a solitary nun sat and looked out on to the courtyard. If you want quiet, peaceful seclusion, you find it in these surroundings. Yet you can venture out and find throbbing African music just around the corner. For $1.50, buy two tickets for an evening performance in an outdoor theatre, part of a community center in a beautiful old restored house nearby. Drums, chanting, dancing get your feet beating. You sip a cocktail as you watch exuberant male warrior dancers, and girls dressed in swirly white dresses with lacy pantaloons. When it's all over, rhythms pulsating in your head, you climb a cobbled hill to the Hotel Pelourinho where women in exotic Carmen Miranda costume—turbans, colorful cotton skirts, rope upon rope of beads cascading around the neck—serve you dinner.

In Bahia, you get up early to see the city. Take your cab down to the Mercado Modelo market, at 8 A.M. where craftspeople sell their work. The birimbau rhythm (played from a coconut shell with a flexible bow of wire) is all around you as you browse here, looking at leather bags, beautiful embroidered cottons, silver trinkets, handwoven hammocks, ceramics, baskets, old wooden trunks and chests, and endless stalls with macumba or "voodoo" charms. From the market, walk to the extraordinary *elevador* which takes you, for 30 cents, to upper Bahia, where the air is fresh and the atmosphere historic. This was the fortress where, in 1620, the Portuguese fought off an attack from the Dutch. Take a refreshing *vitamina de fruta* with a coconut cake at the bar at the top of the elevator, overlooking the bay. By 10 A.M., you are back at the Convento for a quiet saunter through the nunnery museum and a cool swim.

There is one restaurant you are told is a must and it certainly lives up to its reputation—Sol de Unhao. It's in the former slaves' quarters of an old elegant estate down by the water. Vaulted ceilings, views of the sea, a bistro feeling, and Bahian cooking—a very special kind of soul food cooked in *dende*—palm oil—and coconut milk. Try *muqueca de siri mole*, soft-shell crab or *vatapa*, a peppery mixture of fish and shrimp, peanuts, cashews and coconut, drenched in golden sautéed manioc flour. You drink very sour fresh lemon drinks in the heat of the day. An afternoon trip to the beach, perhaps, with almost white sand fringed with palm trees, and empty like a desert island. (Bahia is an industrial city, so there's no time for play as they do in Rio.) Then back to the Convento, dinner in the subterranean dining room where candles light the tables and you are surrounded by a flotilla of waiters. For dessert, not one but four different kinds of coconut specialties. Take the brown, sugary one. Delicious, different. Like Brazil.

When to go

There are two special events in Rio's calendar. One is the Festival of Iemanja, goddess of the sea, which is celebrated

Continued on page 80

Based on the timeless designs of Chinese, Korean and Japanese artisans, Henredon has compiled the Pan Asian collection for living, dining and bedrooms. This glass top cocktail table is drawn from an ancient Chinese garden seat and is available in dark mahogany or cinnabar red for unusual accent in traditional or contemporary settings. For a catalog of the entire Pan Asian collection, send $2.00 to Henredon, Dept. G-39, Morganton, N.C. 28655.



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GOING **PLACES,** FINDING **THINGS**

continued from page 78

on New Year's Eve. At midnight through the early hours, thousands of candles flicker on the beach; there's a wonderful spirit of community between people. The second spectacle is Carnival, held before Ash Wednesday during Lent. Samba schools parade between midnight Saturday through midday the following Sunday. Remember seasons are reversed in the southern hemisphere, so their winter is our summer. From March, Rio starts to cool off—from 95 to 100 degrees Fahrenheit in January to a more comfortable 85 to 90 in March. If you go for New Year's, it's worth remembering two side trips out of the city to cooler surroundings: One is the Tijuca tropical rain forest, an hour's drive north in the hills. Eat at the Esquilo—squirrel—restaurant for lunch. Second is a schooner boat ride to the Ilha de Jaguanum, a desert island with tropical greenery. Buffet lunch is served on the edge of the beach in palm-thatched open huts. Cool sea breezes beat the heat of Rio.

How to get there

Pan American has daily nonstop flights from New York and Miami to Rio de Janeiro, either jumbo 747 jet or regular DC 10. Internal travel Rio to Bahia is by the domestic airline Vasp. For details and schedules write Pan American Airways, 200 Park Avenue, New York, N.Y. 10017. ■

Biltmore house

continued from page 74

bloom year-round. In March, it's the famous azalea garden and in late June, roses and rhododendron.

Inside, this is no feudal castle but a modern house equipped with the latest technology available then—central heating, plumbing, refrigeration, elevators, electricity. Its hilltop setting and cross ventilation through huge windows took care of air conditioning. The first room to see may explain part of the magic, for it takes you right out of the house again—a sunken pavilion, marble-floored and flooded with light from a glass roof set in a carved wood framework. Graceful, delicate nineteenth-century bamboo and rattan furniture is spaced around a fountain topped by a statue of a boy with swans. All around are palms and tropical plants from the gardens and conservatory.

Decorating ideas are here for the taking: A huge carpet was draped like a tent over an unfinished ceiling in the morning salon when the house was first completed. Upstairs in a series of bedroom suites, each bed gives new ideas for bed curtains and draping. Watch for details—the brass locks on a bedroom door, a pha- *(Continued on page 82)*

A Major New Book on Solar Houses

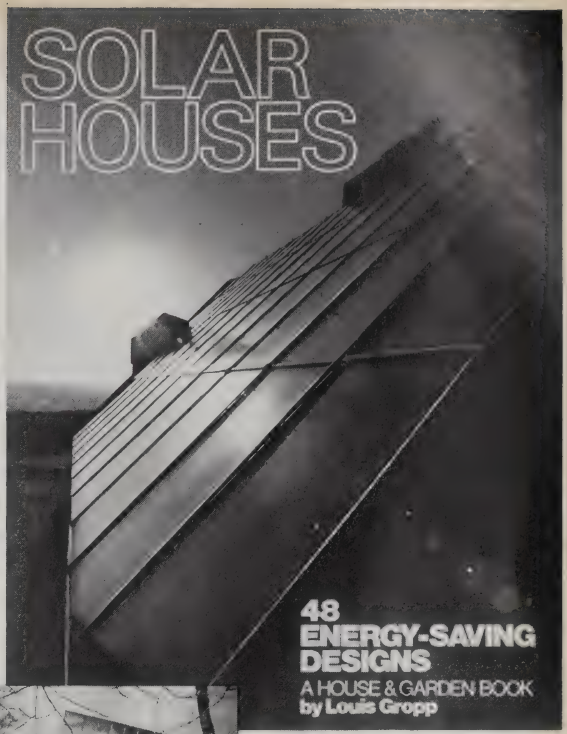
"Already solar energy is economical and practical for many applications in many parts of the United States. Homes like those in this book demonstrate that architectural style and elegance need not be sacrified in order to capture and use solar energy."

—From the foreword by James R. Schlesinger, Secretary of Energy

SOLAR HOUSES takes up where the first generation of solar energy books leaves off; showing through photographs, interviews and practical information what the new solar life style involves, how owners are reacting to it, and what the economic factors are. Providing a nationwide look at residential solar applications, the 48 energy-saving designs in the book include passive and active solar systems, pre-manufactured and mail-order plans, underground houses, remodeled and new custom-designed houses.

The book's author is Louis Gropp, who, as editor-in-chief of the House & Garden Guides, has been criss-crossing the country over the past several years keeping up with the multi-faceted new solar architecture. His text, plus easy-to-follow plans and diagrams, gives us—whether layman or expert—a clear idea of how each of these solar houses work, while the many handsome architectural photographs document the wide spectrum of design possibilities that exist within the solar context.

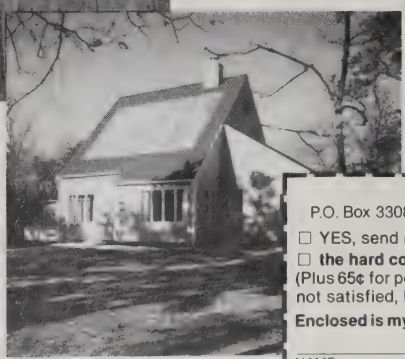
A handsome record of a profound and exciting change in architecture, SOLAR HOUSES has been chosen as a Book-of-the-Month Club hardcover alternate; a main selection by both The Library of Urban Affairs and the Architects Book Club, an alternate by the Designer's Book Club, and, in paperback, by the Quality Paperback Book Club.













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GOING **PLACES,** FINDING **THINGS**

continued from page 80

raoh's head for a doorknob, an Egyptian woman as handle for the dead bolt.

After touring the house, take a stroll in the air through the 4-acre, stone wall-enclosed English garden and then the fanciful, all-glass conservatory with its orchid and cactus houses. The estate now covers 10,600 acres (the Blue Ridge Parkway cuts through the middle), but most was given to the state as a park and a few thousand acres were sold for development into Biltmore Forest, where the two Vanderbilt grandsons have houses. One grandson has established a winery, but since the vines are still young, wines are not available to try. The place also supports a large dairy herd and the Biltmore Dairy which produces, among other things, a regionally distributed Biltmore-brand ice cream. These enterprises, with the $7 admission charge, make the estate self-supporting.

Where to stay:

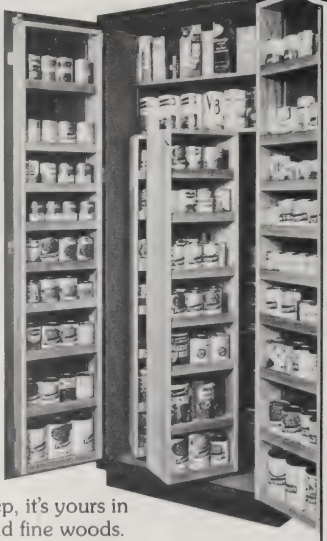
The nearby town of Asheville has lots of hotels and motels and is very popular with lowland tourists, who come to the cool of the mountains. There are also full-fledged resorts like the Grove Park Inn, which is tucked into Sunset Mountain, built at the turn of the century of jagged boulders. You can swim, play tennis or golf on a steep and beautifully kept course. Dinner outdoors on the terrace is very attractive. Try the trout and raw spinach salad. You can also visit the Biltmore Homespun Shops on the Inn's grounds, which sells fabric made right there.

Shopping:

The mountains in and around Asheville abound in craftsmen. The Southern Highland Handicraft Guild, whose members come from eight states, runs two shops in Asheville, each crammed with handmade baskets, pottery, weaving, carving. The most colorful baskets are woven by the Cherokee Indians on their reservation about 65 miles west of Asheville. The gift shop there has the widest selection and is worth the jaunt, but all craft shops carry some.

Devote some afternoons to exploring: Go south to Fletcher for hooked and braided rugs or head east about 16 miles to Black Mountain, which is making an exciting beginning—Cherry Street is lined with antiques shops, a saloon, a health-food store, jewelry maker, and frame shop. At the base of the street in the old railroad depot is a craft shop devoted to local artists working in traditional mediums and new ones like soft sculpture. Around the corner is the Appalachian Wind Chime Factory. Its anteroom is hung with the available designs —from a family of five glazed earthenware penguins hung in a row to a red clay pipe and bell chime—all made by local artists to produce beautiful sounds. For a catalogue, write Appalachia Designs, P.O. Box 932, Black Mountain, N.C. 28711. (I did half my Christmas shopping there.) ■

Solve your kitchen storage problems with Wood-Mode's Chef's Pantry



Wood-Mode's fabulous Chef's Pantry gives you unbelievable storage space for cans, boxes, bottles and jars in different shapes and sizes. The shelves are adjustable and the center unit swings out keeping everything within sight and reach.

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WOOD-MODE cabinetry

News

continued from page 74

will be landscaped by experts, and educational exhibits have been submitted by universities and plant societies. For information, contact the Pennsylvania Horticultural Society, 325 Walnut Street, Philadelphia, Pa. 19106.

In Williamsburg, Va., look for the 33rd annual **Garden Symposium**, April 1-4. It's three-and-a-half days of seminars and lectures given by authorities on horticulture, gardening, and landscape design. Some of the topics for this year include: decorating with house plants, ornamental horticulture from mainland China, and meadow gardening in open spaces. The symposium also features house and garden tours, candlelight concerts, bird walks, and a special banquet dinner. For information, contact Mrs. Peggy Sabol, Registrar, Colonial Williamsburg, P.O. Drawer C, Williamsburg, Va. 23185.

Spring house tours get under way this month in Savannah, Ga., and Charleston, S.C. The 44th annual "Tour of Homes and Gardens" is scheduled for March 25-27 in Savannah, with three separate tours of 18th- and 19th-century private houses. Other highlights include a "Riverfront Gala" on the 25th, with a tour through one of the oldest cotton warehouses in the country and a candlelight supper, and on the 27th, the "William Jay Evening"—an evening of music, a special house tour, and candlelight dinner.

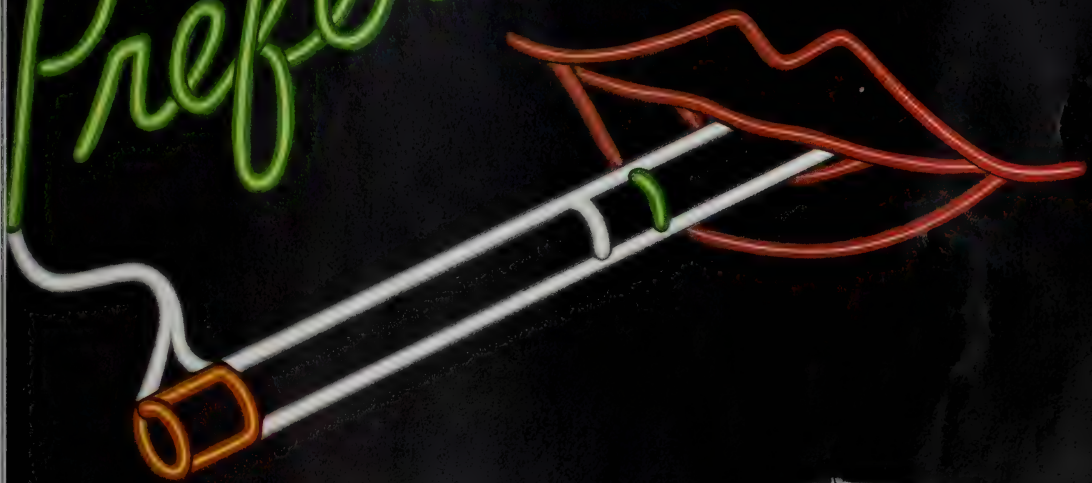
In Charleston, from March 16 to April 9, over 70 private houses will be opened to the public for 7 different walking tours of the city. Five candlelight tours and two afternoon tours are planned, with visits to some of the finest 18th- and 19th-century houses in the city. Other local events include concerts, plays, special garden tours.

For details, write Tour of Homes, 18 Abercorn Street, Savannah, Ga. 31401; and Historic Charleston Foundation, 51 Meeting Street, Charleston, S.C. 29401.

Hotel Inter-Continental Maui, in Wailea on Maui, Hawaii, has announced **three short new cruises** aboard the 46-foot catamaran, the Iolani. Choose either a morning sail, with breakfast and plenty of time to explore the reefs along Maui's coast; a Midday Picnic Sail, with diving and snorkeling; or, the Sunset Hukilau Sail, including a barbecue dinner and island music. For details, write Inter-Continental Maui, P.O. Box 779, Wailea, Maui, Hawaii 96753. ■

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A SHORT COURSE ON GLASS

A complete shopping and care guide to glass

By Margaret Morse

Throughout history, manners and design have gone hand in hand. Until the 17th century, glass was so precious one glass was passed around the table. After the French Revolution, each diner got his own glass, and when more than one wine was served, a special glass-rinsing basin was set at each place. As 19th-century mechanization made glass more affordable, three to five glasses a placesetting generally became the rule, depending on the wines being served. Today—keen on informality and easy care—we've taken up the all-purpose wineglass.

Here are some terms to look and listen for when you shop:

Full lead crystal—contains at least 30 percent lead.

Crystal or *lead crystal*—contains at least 24 percent lead.

Flint glass—glass or crystal with an unspecified high lead content.

Soda-lime glass—may be called *semi-crystal* or *half-crystal* if it contains between 8 and 24 percent lead. Or just plain *glass,* containing less than 24 percent lead—or no lead at all.

What's so important about lead? The higher the lead content, the brighter and clearer—and stronger—the glass will tend to be. And, on glass that hasn't been deliberately colored, the closer to "water white" rather than gray it will be. At the other end of the scale is soda-lime glass that has not been skillfully "decolorized": It may look slightly green or tan instead of gray—commonly caused by trace amounts of iron oxide—as little as 5/100ths of a percent! You may not notice a tint by inspecting glasses individually, but try looking through several glasses of a pattern shoulder-to-shoulder. The tint will probably be more apparent when you get your dozen glasses home and set the dining table or buffet with them. So compare patterns in the store.

There are other characteristics of lead content. The higher the lead content, the darker the shadow the glass will cast and the heavier it will seem for its size. Crystal rims tend to give a metallic ring when you tap them with your finger. Glass rims tend to go "thunk." A thin glass rim may sound metallic too—a thick crystal one will not. The more lead, the deeper the designs the manufacturer can cut into the glass without it fragmenting.

Whatever the type glass, remember that it will tend to take on the color of the background, so unless the background is white, it's best if you ask to see the glass by a daylit window. But don't—one expert suggests—choose a glass on beauty alone: "Choose a glass you'll feel comfortable holding—and using."

How is it made?

There is often some confusion between the manufacturing terms *freeblown, handblown,* and *machine-made.* If the glass is labeled **freeblown,** it means it was handblown and shaped without a mold (*offhand*). Until a few years ago you'd see freeblown glass only at a few stores and at galleries and crafts fairs. Recently an increasing number of department stores have added "craft" sections to their glass departments. You'll find many more freeblown vases and the like than glasses, as duplicating shape and size without a mold takes supreme skill.

The term **handblown** usually means the glass was handblown into a mold, not the air. There is often slight variation between one glass and the next. And that's what makes it interesting. Some molded glass looks cut—it's often made with a percentage of a barium compound, to make the edges better defined, like those of cut glass.

In both *freeblown* and *handblown* glass you'll often notice other tiny irregularities that are all part of the handcrafted process: (1) a tiny bubble or two ("seeds"). (2) A pontil mark—the small central indentation on the glass bottom or pitcher handle where the piece was attached to the pontil for the final step, fire-polishing. (Some glasses are attached from the bowl end, and the glass is cut away at the rim, leaving no mark.) (3) "Rings of light," caused by variations in the density of the walls of a glass, bowl, or vase.

Machine-made glass is the least expensive. It's mechanically blown and molded—and usually called *mold-blown* or *blown-molded.* At its best it can be very clear and strong. Glasses of a given pattern are virtually identical. You can tell machine-made glass by its seams, although some simple, symmetric machine-made pieces have no seams.

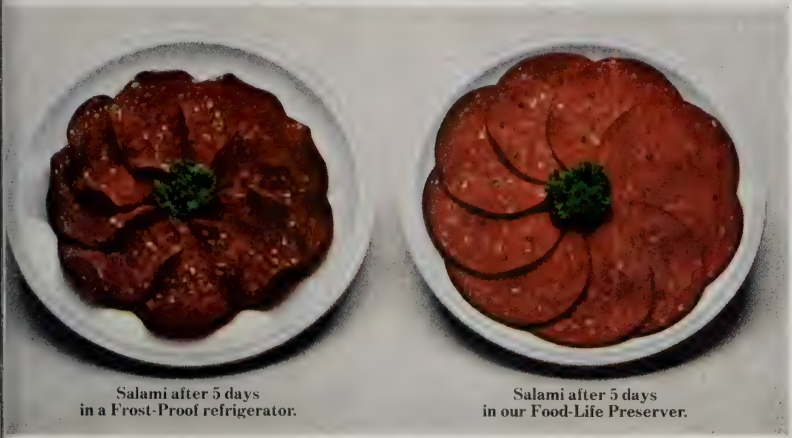
Continued on page 88



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Our "Halifax Square" collection, pictured here, features a warm honeypine finish... authentic detail and proportions... carefully selected custom hardware.

Most importantly, Burlington Furniture is created with you in mind by some of America's leading furniture designers. Dining room, bedroom, youth and modular furniture in a wide range of styles.

Look for Burlington Furniture wherever fine furniture is sold.

Write to Burlington Furniture for further information, P.O. Box 907, Dept. A, Lexington, North Carolina 27292.

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Cut or uncut?

Should you choose cut or uncut glass? It's up to you. Imagine two vases of brilliant, virtually colorless glass—one cut, one plain. On the cut vase you'll probably notice the cutting more than the overall shape. The glass will scintillate and break the light into a rainbow of colors as a prism does. On the plain vase you'll tend to notice the shape and transparency of the glass.

In an interview when he was Vice-President and Design Director of Tiffany & Co., George O'Brien made the remark that "Clear crystal's the hardest thing to do—cutting was almost invented to cover up bubbles and imperfections. It's much easier to do a mediocre cutting job than to produce pristine uncut crystal." Superlative handcutting, however, is very hard to do. Tiffany carries a massive punch bowl with deep handcut keyhole-shaped scallops. It requires so much careful work that three out of four bowls end up literally on the cutting-room floor.

Crystal care

Washing. You shouldn't put collector's crystal or gilt-decorated glass in the dishwasher—heat may crack it and remove some of the gold. In general, wash other fine glass in the dishwasher as little as possible, since—one expert claims—the detergent may slowly etch glass till it's permanently dull and gray. Much inexpensive machine-made glassware, on the other hand, *is* dishwasher-safe. So use your judgment—and check manufacturers' instructions.

If you do use the dishwasher, space and brace pieces so vibrations won't rub or throw them together. If your dishwasher has a "fine glass and china" setting, use it: The cooler temperature will be easier on the glass and china.

When washing by hand, "cushion" your sink with a perforated rubber "sink mat" or with a terry-cloth towel. Don't crowd pieces. Add a little vinegar to your soapy wash water and to your rinse water to discourage water-spotting. Don't plunge cold glass into hot water and vice versa—heat extremes may crack it. Cracking often happens when you knock a rim against the faucet while you're rinsing glass—help prevent it by capping the faucet with a rubber strainer.

DURELL GODFREY



"Cushion" your sink with a terry towel

Drying. Look for lint-free dishtowels. They often have the word glass woven into them. Dry stemware on a terry towel-covered counter: It's less tips than a dishrack.

Dusting. Foil scratches. Use a soft, lint-free cloth dampened in a mild water and ammonia solution. Never "dry dust."

Displaying and storing

Space pieces apart. Separate stacked plates with felt pads. Keep bottoms scratch-free. Don't slide or twirl pieces. Place each tabletop piece on tiny felt or rubber discs. Line shelves.

Glass is pretty at a window, but keep it out of *direct* sunlight, just in case your piece is one of the rare ones that would act as a burning glass.

Don't keep glass in excelsior, newspaper, or another moisture-absorbing material for a long period of time. *Prolonged* contact with moisture leaches the sodium oxide in the glass to the surface. This leaching is called *hazing*, and it's more common in soda-lime glass than in

Continued on page 18



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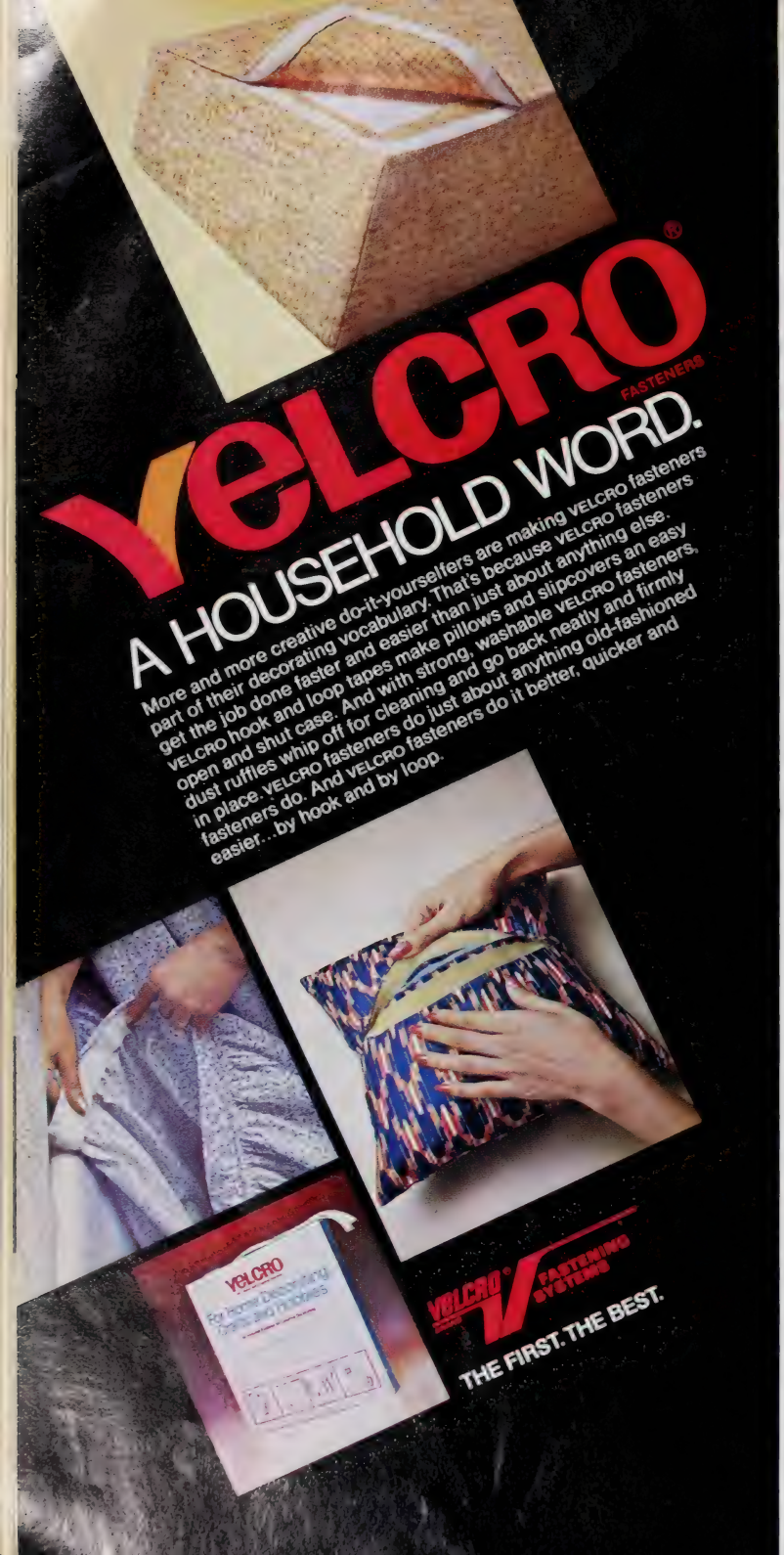


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outside.) As you can see, its natural splashes of light color create some
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DEAR HOUSE & GARDEN

Answers to your questions. Here we share some interesting letters from our readers

By Margaret Morse

■ PAPILLON PLATES

Where can I find china with a butterfly motif? —P.O., Randallstown, Md.

Here are some patterns for you to look at: Meissen-inspired porcelain by Haviland, available from The Metropolitan Museum of Art, Box 225, Gracie Sta., New York, N.Y. 10028 (Catalogue, $1.) "Butterfly" 13-piece porcelain breakfast sets by Limoges, available from Tiffany & Co., 727 Fifth Ave., New York, N.Y. 10022 (Catalogue, $2 ppd.)

"Botanic Garden" oven-to-tableware by Portmeirion, also available from Tiffany although only the matching earthenware vases are shown in the catalogue. For names of stores near you, write Kosta Boda, 225 Fifth Ave., #515, New York, N.Y. 10010.

Another Limoges pattern, "Exotic Butterfly," is available in dessert plates, a demitasse set, and a bowl. From Cartier, Fifth Ave. and 52nd St., New York, N.Y. 10022 (Catalogue, $3 ppd.)

■ LIGHTING UP FRAGRANCE

On page 173 of the November, 1978 issue there's a party tip on scenting the room by placing a ring scented with perfume around a light bulb. None of the homemade rings I've tried has worked satisfactorily. Is there a source for ready-made rings? —L.C.Z., Alexandria, Va.

There *is* a better way: You can order a pair of light bulb vaporizing rings to scent with your own perfume for $2.50 postpaid from Caswell-Massey Co. Ltd., 320 W. 13th St., New York, N.Y. 10014. Or you may buy the "Floris" vaporizer set—a pair of rings, dropper, and a small vial of essence in any one of four scents —jasmine, sandalwood, stephanotis, or ormond. Caswell-Massey offers the kit for $10.50 plus $1 shipping. New York residents add sales tax. These particular finds aren't in their catalogue ($1), but lots of other unusual beauty and grooming requisites are.

Claire Burke makes a "Perfume Absolute" kit with two rings, a dropper, and a vial of scent that doubles as a reviver for dried potpourri. Choose one of three potpourri scents: original, herbal, or spicy rose. If you can't find the kit at a store near you, you can order it for $10 plus $1.50 shipping from Claire Burke, P.O. Box 1A, Minnetonka, Minn. 55343. Minnesotans add 4 percent sales tax.

Continued on page 94



Since 1886, Hunter has made the original, authentic ceiling fan, the one shipped to India, Africa and the rest of the world at the turn of the century, and the kind that cooled Rick's Cafe in "Casablanca."



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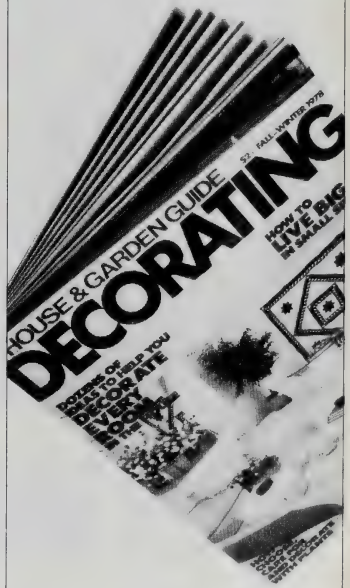
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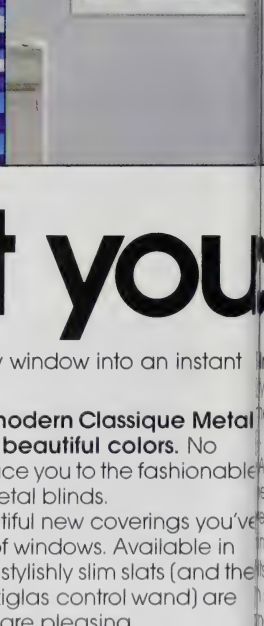
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They're the beautiful new coverings you've seen in all the best of windows. Available in over 50 colors, these stylishly slim slats (and the devilishly simple plexiglas control wand) are as practical as they are pleasing.

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DEAR HOUSE & GARDEN

continued from page 90

■ HOUSE-RAISING READING

Re: Sandra Oddo's "Give Me Shelter" article in the March, 1978 issue, where can I find out more on owner-building?

—M.R., Evansville, Ind.

You can get a free mail-order catalogue of about 70 publications on owner-building and related fields from Owner-Builder Publications (P.O. Box 550, Oakhurst, Calif. 93644). The firm is run by Ken Kern, who has written *The Owner-Built Home* (Scribner's, $6.95 paperback, $12.95 hardcover) and other books. The two-page catalogue includes titles not only on homebuilding but on homesteading, alternative technology, and other down-to-earth subjects. Please enclose a self-addressed, stamped envelope with your inquiry.

■ COOKBOOK HUNT

I lost my favorite dessert cookbook several years ago and have searched—hungrily!—for another copy without success. Do you know any place I might track it down?—M.F., New York, N.Y.

Eleanor Lowenstein of the Corner Book Shop (102 Fourth Ave., New York, N.Y. 10003) has been helping "hungry" readers for years. If you send her the name of the author and title you're looking for, she'll check her stock of thousands of out-of-print and second-hand books on cooking and gastronomy and let you know if yours is among them. If it's not, she'll keep an eye out for it. A catalogue listing over 360 of the shop's current offerings is available for $1 ppd., refundable with a purchase.

■ BRUSHING UP

I have a sterling silver dresser set. The bristles of the brush are so worn. Some of its tufts—and teeth from the comb—are missing. Do you know any repair person who can "redress" this?

—M.L., Princeton, N.J.

No silver-blessed brush should go begging for want of bristles. If you wrap the brush and comb carefully and send them —via insured mail—to Gabriel Hirsch at Hess Repairs (200 Park Ave. at 17th St., Room 1514, New York, N.Y. 10003), he'll send you an estimate. Two kinds of bristles are available—pig or nylon. Pig ones are more expensive, but Mr. Hirsch says many owners of Victorian sets prefer them for their old-fashioned look. Hess Repairs will remove minor dents and give the brush a whole new set of bristles, in a new base of ivory-colored plastic. A "tortoise" plastic comb can be fit to the silver comb spine. If the original teeth are real tortoise shell, the comb may be better left as is: By law, endangered-species tortoise shell—and things made from it—can no longer be imported into the U.S. so you'd have a period piece. Hess can also give a silver handmirror a new bright and shining face by installing new mirror, either with or—less expensive—without a beveled edge.

■ FEATHERED FRIENDS

We read with great interest your December 1975 story "How To Welcome Songbirds—The Joy of a Winter Garden." Can you suggest an equally good source for information on building birdhouses?

—B.T., Aurora, N.Y.

As you probably know, to have a birdhouse in demand, you have to build it with a particular species of local bird in mind. Roger Tory Peterson's "Bird Houses" booklet gives the vital measurements you need to design your own houses for 18 kinds of birds, from bluebirds to wood ducks to purple martins. A copy is available for 50¢ plus 25¢ shipping from the publisher, the National Audubon Society, 950 Third Ave., New York, N.Y. 10022. New York residents please add sales tax.

Or you might send for the plan book *102 Bird Houses, Feeders You Can Make,* available for $4.95 plus 50¢ shipping from Audubon Workshop, 1501 Paddock 753, Northbrook, Ill. 60062. Its catalogue (25¢ ppd.) also offers birdhouses in ready-made or kit form, feeders, and such—even birdbath heaters and "Magic-Mirror" aluminized sheets that turn any window into a two-way mirror. The workshop also has John V. Dennis's book, *A Complete Guide to Bird Feeding* ($10 plus 50¢ shipping), mentioned in the December, 1975 story. Illinois residents add 5 percent sales tax. Shipments only within the U.S.

■ NEW SHAKER TOPS

Please tell me where I can find silver tops for old salt and pepper shakers.

—W.K.D., Kingsport, Tenn.

If you wrap your salt and pepper shakers carefully and send them via insured mail to Thome Silversmiths Inc., 328 E. 59th St., New York, N.Y. 10022, they'll look over their store of old shaker tops (most are sterling) and see if they have any that fit. Fitting is tricky—Thome must see the shakers, not a sketch. If they don't have any old tops that fit, they can make new sterling silver tops to match. Please enclose a self-addressed, stamped envelope with your package, and they'll send you an estimate for old or new tops. You pay return postage in any event.

Because salt can corrode and pit silver, a silver shaker top should be wiped inside and out after each use. If you have a new top made for a salt shaker, it's a good idea to have the inside plated with gold, which is impervious to salt: Thome will gild the inside if you ask. ■


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Gail Henkin
Dallas, Texas



FILTER 100's: 10 mg. "tar", 0.8 mg. nicotine, FILTER, MENTHOL: 11 mg. "tar", 0.8 mg. nicotine, av. per cigarette, FTC Report MAY '78.

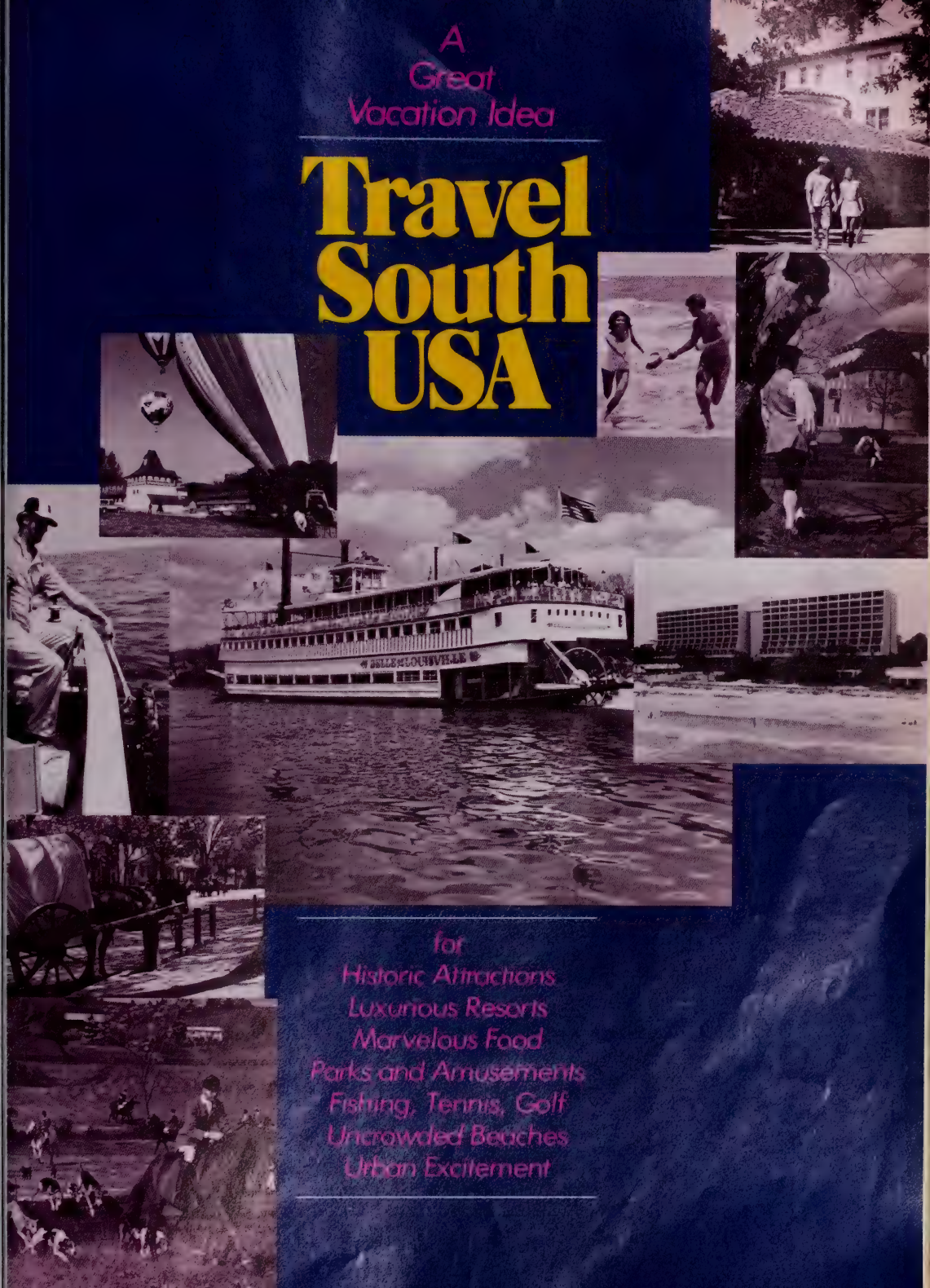
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Foreign? Venerable Charleston, Savannah, Mobile, Colonial Williamsburg, Natchez, St. Augustine and New Orleans are older than the United States itself. Their cobblestoned byways echo a proud heritage from England, France and Spain.

On a more contemporary note, internationally-minded Atlanta has Paris boutiques, haute cuisine, foreign consulates and non-stop flights to Europe. Miami swings to a Latin rhythm.

Listen closely, and you'll catch the Scotch-English accents that cling stubbornly to the villages that dot the Blue Ridge, the Smokies and Appalachian highlands of Virginia, Tennessee, and the Carolinas. The hardy spirit of the frontier runs through the Ozark Mountains of Arkansas, and there's a bit of Daniel Boone in the Cumberland Mountains of Kentucky.

Where America was born

As they set their sights on an exciting future, the 11 states of Travel South USA continue to revere their colorful past. America began in Virginia, with the settling of the first permanent English colony at Jamestown in 1607. Landmarks of our history can be found all over Virginia, from the Tidewater to the Shenandoah Valley: Yorktown, Appomattox, Bull Run, Washington's Mt. Vernon, Jefferson's Monticello. Colonial Williamsburg has been recreated as it was when Patrick Henry cried out against kingly injustices in the House of Burgesses. Cobblers, candle makers, blacksmiths and others still practice their centuries old crafts in shops on Duke of Gloucester Street.

America moved west from Virginia. President Andrew Jackson left his mark on the Hermitage, outside Nashville. Shrines marking the birthplaces of Abraham Lincoln and Jefferson Davis stand close to one another in western Kentucky. President Jimmy Carter hails from the rural village of Plains, in southwestern Georgia.

Spring is festival time

When the dogwoods, azaleas, camelias and rhododendron break into millions of blooms, Atlanta, Knoxville, Charlotte, Richmond, Jackson and Little Rock will make you doubly glad you decided to spend spring here instead of Paris. Cities and towns from Louisiana to Virginia celebrate spring's arrival with music festivals, art shows, ethnic fairs, candlelight tours of ante-bellum and colonial homes; catfish rodeos in Tennessee; deep-sea fishing

advertisement *continued*

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Spring in the 18th Century is a time for renewal. For flowers and for the spirit.

Take a walk through spring in the 18th Century, when the flowers are reborn and the windows are reopened. It's an experience you can have in only one city in the world. Take in the sights and sounds as you walk through 90 acres of colonial gardens.

From the instrument maker's shop comes the music of the harpsichord. In the distance, the blacksmith keeps time with his hammer. The sweet smell of the baker's freshly-made gingerbread fills the air.

This is Williamsburg in spring, where the silversmith, the milliner and the cooper, the gardener, the wigmaker and the tavern keeper still live and work in the 18th Century.

Come see the fife and drum corps parade through the city. Inspect the magnificent formal gardens at the Governor's Palace and see the miller's windmill turn in the spring breeze.

The roses that bloom in spring in Colonial Williamsburg are an 18th century species found in few other places in the world today. The bricks are made as they were made 225 years ago. The horsepower is provided by real horses.

From April 1-4 this year, we're sponsoring the 33rd Williamsburg Garden Symposium. April 21-29 is Virginia's Historic Garden Week.

The flowers will be blooming, the bakers will be baking and the miller at the windmill will be grinding corn.

So don't miss it. It only happens once a year. And it only happens in Williamsburg.

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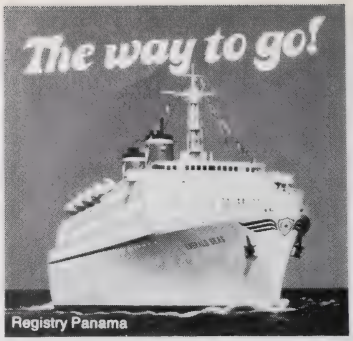


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This capitol building is representative of the fine architecture found in the historic South

rodeos off the Gulf Coasts of Florida, Alabama, and Mississippi; western-style rodeos in Arkansas. Trout are in season in the mountain streams of Virginia and Georgia.

Hailing its large Irish population, Savannah throws the biggest, most exuberant St. Patrick's Day celebration south of Fifth Avenue. New Orleans has its Jazz and Heritage Festival, Memphis its Cotton Carnival, Tampa its Gasparilla Days, Charleston its Spoleto Music Festival of Two Worlds (imported from Italy). The old sponge-fishing port of Tarpon Springs, Florida, honors its Greek heritage with bouzuki music and Old World cooking and

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Contemporary tradesman recreates a Colonial craft

handicrafts. Greeks in Baldwin County, Alabama, near Mobile, have their own Hellenic celebration. At Biloxi, on Mississippi's Riviera-like Gulf Coast, the blessing of the shrimp fleet is an annual revival of an ancient European custom, one that's also part of the rites of spring at Brunswick, Georgia, and coastal towns in Florida, Alabama and Lousiana.

Greyhounds, thoroughbreds, and stock cars

Spring marks the beginning of the automobile racing season in North Carolina, South Carolina, Georgia and Alabama. It's horseracing season at Hot Springs, Arkansas, and at tracks in New Orleans, Shreveport, Tampa and Miami, and in Kentucky's fabled Bluegrass Country. What red-blooded sportsman wouldn't pay almost any price to be at Churchill Downs in Louisville on Derby Day? The greyhounds are running at Mobile, West Memphis, Arkansas, and at tracks throughout Florida.



It's fun to pan for diamonds on a Travel South vacation

Where golf is king

The old Scottish game of golf is revered throughout Travel South USA. Take your choice of backdrops: the excellent state parks in Alabama and Kentucky, Georgia's "Golden Isles," the green hills of Tennessee and Arkansas, the Shenandoah Valley of Virginia, the Atlantic Coast of South Carolina, the Gulf Coast of Mississippi, Florida's West Coast, Gold Coast or Panhandle, Louisiana's Cajun Country, the Great Smokies, and the Pinehurst-Southern Pines in North Carolina's Sand Hills.

To thousands of golf addicts, Pinehurst-Southern Pines is the essence of golf. The legendary Scotsman, Donald Ross,

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South Carolina's Great Vacation No. 2

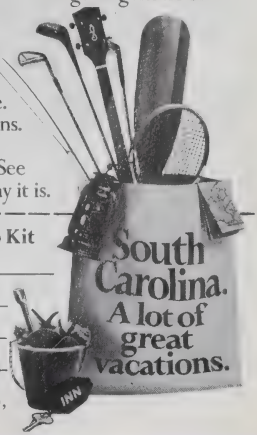
CHARLESTON



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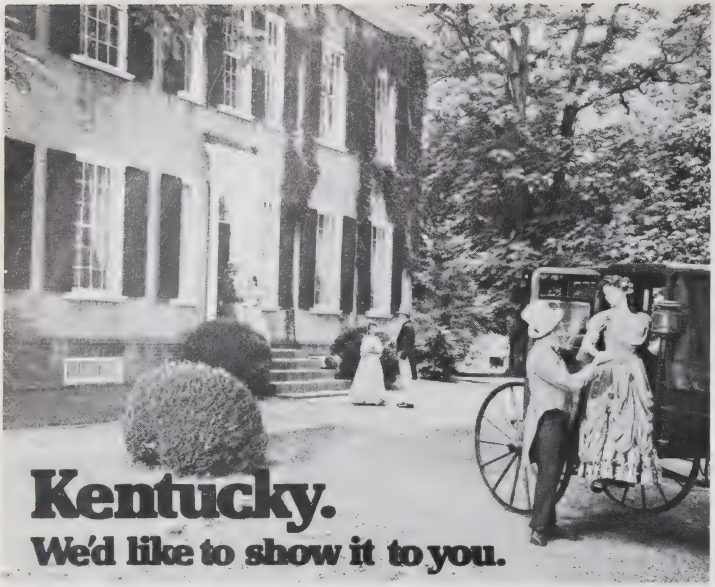
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came to the Sand Hills in 1900, and before his death in 1948, designed over 600 courses, all over the country, including the famed No.2 Course at the Pinehurst Country Club and Hotel. Golf in the Sand Hills is further highlighted by the first class accommodations, beautifully maintained greens and fairways, and other recreational facilities at the Carolina Trace and Foxfire resorts.

Golf in the Smokies

Across the state, Mason Rudolph, pro at the High Hampton Inn and Country Club, will host week-long golf house-parties beginning May 13 and May 20. Nearby Sapphire Valley Resort has enlisted the services of Louise Suggs and Lionel and Jay Hebert for its April and May clinics.

Fontana Village, another famed Tar Heel resort high in the cool, green Smokies, has golf, tennis, horseback riding, and other outdoorsy activities in mountain air so clean you'll want to bottle some to take home.



Sweeping fairways lure dedicated golfers

Asheville is the metropolis of western North Carolina's mountain country and a delightful two or three-day stop while traveling the Blue Ridge Parkway from Virginia. The city's attractions include a beautiful assortment of Art Deco architecture, the Thomas Wolfe Memorial, and Biltmore House and Gardens, George W. Vanderbilt's 250-room French chateau.

South Carolina, the golf state

The "Palmetto State" of South Carolina could easily change its billing to the "Golf State." Myrtle Beach and the 35-mile long Grand Strand of Atlantic Coast boast

advertisement



Spring is golf season in the South

more than 30 challenging golf courses, with still more under construction. All this golf is complemented by 125 tennis courts, over 40,000 hotel and apartment accommodations, campsites, deep-sea fishing, excellent restaurants, and night-time entertainment with floor shows, dance bands and disco.

Ocean Dunes, a 150-room resort hotel right on the Atlantic, offers guests entree to 25 Grand Strand courses. The Tryon Seville Hotel, on the widest swath of Grand Strand beach, gives guests carte blanche to a dozen courses, all within seven miles of the hotel's front door.

Charleston, Fripp Island

Fripp Island is that quiet, secluded ocean resort so often searched for in vain. Twenty miles over the salt marshes from historic Beaufort, S.C., Fripp Island's 18-hole George Cobb Course curls seductively around lagoons and seashore. Other pleasureable diversions include 16 tennis courts, marina, freshwater pool, and accommodations in the Fripp Island Inn or lavish oceanside condominiums.



Masses of roses bloom in Southern gardens

Historic Charleston is at her most fetching in spring. The azaleas and camelias are in bloom at Magnolia and Middleton Gardens, and the weather's right for leisurely biking and mopedding the ancient byways. The Mills Hyatt House, in the heart of the historic district, is Charleston's premiere address, a modern luxury hotel all dressed up in ante-bellum decor, with some of the city's most outstanding cuisine.

Sea Island, Callaway Gardens

At Sea Island, Georgia, The Cloister Hotel reigns as one of America's most prestigious resorts. Service is with a velvet glove, and the 36 holes of golf appear to have been clipped by hand. In addition to accommodations in its Spanish-style main hotel and seaside villas, The Cloister this spring opened its new Harrington House, with 36 beautiful rooms opening onto the private beach. A new tennis clubhouse, and luxurious dressing quarters for golfers will also be ready for spring vacationers at The Cloister.

Although much newer than The Cloister, Callaway Gardens has become a Southern tradition in its own right. Located in the green and rolling Pine Mountain Valley, 85 miles south of Atlanta, Callaway Gardens strikes the perfect balance between the rustic and elegant. Its 63-hole golf course winds around more than a dozen bream and bass-filled lakes. In the spring, the famed gardens come alive with more than 600 varieties of azaleas. *advertisement* *continued*

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Two's company at this romantic resort

The surprising state of Georgia has mountains up north, beaches down south, the great Okefenokee Swamp, and a chain of historic towns and cities dating back to the Revolution. Savannah, Madison, Washington and others throw open their old homes during pilgrimages in spring.

The all-season state of Florida

Delightful the year 'round, Florida takes on an added radiance in spring. From the Panhandle to the Keys, the warm sunshine and crisp dry air puts a new lustre on resorts, beaches and world-famous attractions. A special greeting awaits you from Mickey and all his friends at Walt Disney World. Plan to lose yourselves for several days in the Magic Kingdom, where your imaginations will soar to undreamt of heights.

While you're in central Florida, don't forget its other great attractions: Cypress Gardens, Busch Gardens, and Silver Springs. You can visit them all, and "commute" from one convenient location. The Holiday Inn at Plant City is only 20-25 minutes from each attraction, and offers 4-day, 3-night package plans including accommodations, and admission tickets to the parks.

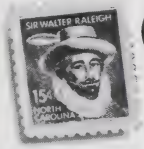
The northwest Panhandle is another fabulous Florida. The turquoise waters of the Gulf of Mexico roll onto wide, white beaches. The living is totally relaxed at Sandpiper Cove, a carefully planned community of one and two-bedroom villas, with golf, sailing, and deep-sea fishing nearby. The lively cities of Pensacola and Panama City are a short drive away.

On Florida's southeast coast at Pompano Beach is one of America's leading resorts, The Spa at Palm-Aire. This luxurious complex offers guests custom-designed programs of rejuvenation and relaxation that center around two indoor pavilions (one for men, one for women), five beautiful and challenging 18-hole golf courses, 25 tennis courts, a nearby Beach Club, and numerous facilities for boating, fishing or just unwinding.

At the other end of the Sunshine state, the chain of tropical islands known as the Keys reaches a delightful exclamation point at Key West. America's southernmost city, Key West has a marvelous array of restaurants and a non-stop nightlife. Sport fishing

advertisement *continued*

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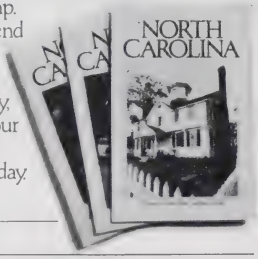


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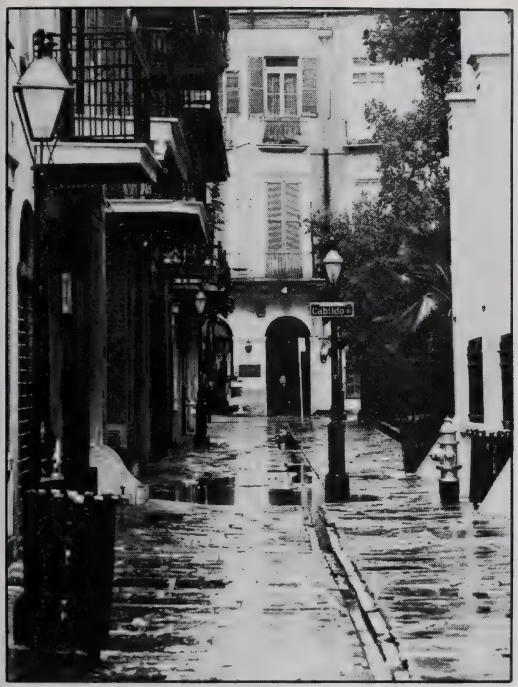
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Eastern Air Lines has more than 260 daily flights into and out of Atlanta, the world's second busiest airport. Eastern flies to more Florida cities than any other airline, and is the official airline of Walt Disney World, offering a variety of package plans that include air fare, accommodations, and admission to the Magic Kindom. Eastern also has attractive package plans for Pinehurst-Southern Pines, Hilton Head and other resorts. The airline recently began non-stop service between Atlanta and Savannah.

Variety in Alabama

Variety is the byword for Alabama, which begins with the blue-green surf of the Gulf of Mexico, and ends more than 300 miles north among mountains, underground caverns and a necklace of clear, clean lakes. In between are ante-bellum homes in Dothan, Eufaula, Demopolis, and Mobile; bustling Birmingham; Montgomery, "The Cradle of the Confederacy" and birthplace of the civil rights movement; the growing-up homes of W.C. Handy and Helen Keller; and a state park system with first-class accommodations and recreational facilities that would be the envy of any expensive, privately owned resort. Mobile pays tribute to spring with its annual

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Scenic, historic Mississippi

For Civil War buffs, Vicksburg, Mississippi, is an essential pilgrimage. The 1600-acre national military park on bluffs above the Mississippi River, was the site of a months-long siege that ended in a Union victory which split the Confederacy.

Natchez is the epitome of Old South magnolias-and-moonlight romance. During the Natchez Pilgrimage in early spring, 30 of the most glorious old mansions are opened for daytime and nighttime tours. For late spring vacationers, Holly Springs' pil-

advertisement



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Sapphire Valley



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grimage begins April 29.

Other spring festivals in "The Magnolia State" include: the Railroad Festival in Amory, the World Catfish Festival at Belzoni, the Gum Tree Festival at Tupelo, and the Yellow Dog Festival at Moorhead.

Mississippi's Gulf Coast is the home of lush fairways and tight, fast greens. A dozen first-class courses are augmented by more than 100 all-weather tennis courts. Oyster, shrimp and flounder from Gulf waters are prepared to perfection in restaurants from Pascagoula to Pass Christian. At Diamondhead, a deluxe resort on the Gulf Coast's highest point, there's an 18-hole golf course, tennis, riding stables, and plush condominium villas among the oaks and pines.



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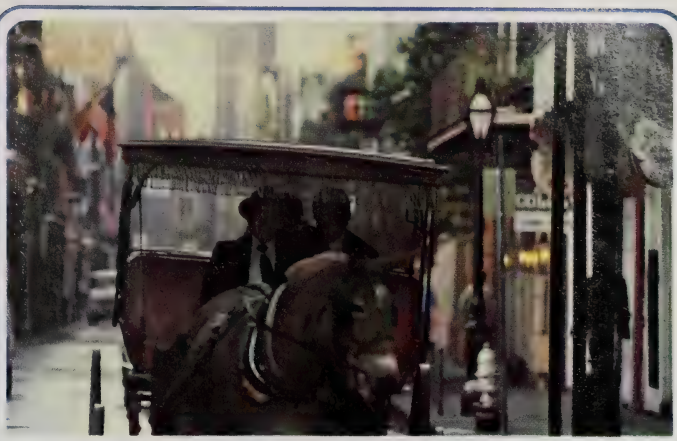
Way down yonder in New Orleans

New Orleans is old and new, part French, part Spanish, part African, still reflecting the glory days of Andy Jackson, Jean LaFite and the palatial Mississippi River paddlewheelers. The "Crescent City" is the birthplace of the blues, Dixieland and jazz, and its distinctive cuisine makes it one of the world's dining capitals.

To accommodate the millions who come courting her every year, New Orleans has become a city of fine hotels. The Monteleone, rising above the antique shops of Rue Royale, has a revolving bar downstairs, a superb continental restaurant upstairs, and some of the city's largest convention facilities.

The New Orleans Hilton reflects the tastes, traditions, and excitement of New Orleans itself. From the tri-level open space atrium, the elegant rooms and suites, the luxurious indoor tennis courts and the very special "hotel within a hotel" The Towers —to the sublime restaurants and lounges, it offers a unique vacation holiday.

advertisement *continued*



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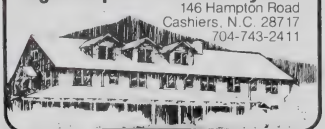
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the Monteleone

For those whose tastes run to intimate, European-style hotels, the answer is the St. Louis, with 77 elegantly appointed rooms, gourmet restaurants, and patios in the heart of the French Quarter.

Jazz fanatics should make plans for the New Orleans Jazz and Heritage Festival running three weekends this spring (April 20, 27, and May 4).

Spring is also festival time at Shreveport/Bossier, twin hubs of northwest Louisiana. The Dixie Festival April 20-29 will be packed with parades, plantation balls, carnivals, crawfish races, arts and crafts shows. The American Rose Society's 118-acre gardens are at their most glorious in spring and early summer.

Shreveport/Bossier invite you to dine in fine style in historic Shreve Square, and watch the horses run at air-conditioned Louisiana Downs.

Baton Rouge, Louisiana's capital, is a pivotal point on the Old River Road, which runs from St. Francisville to Destrehan and embraces many of Louisiana's loveliest ante-bellum plantations. Rosedown Plantation, near St. Francisville, is a must-stop on your tour. Other St. Francisville homes will be open March 16-18 during the annual Audubon Pilgrimage.

Arkansas's a natural

As a steadily increasing number of Canadian and American vacationers are happily discovering, Arkansas is a "natural." The "Land of Opportunity" has within its borders 600,000 acres of lakes, 10,000 miles of streams and rivers for fishing and boating; two mountain ranges (the Ozarks and Ouachitas), three national forests, national parks, historic sites, ante-bellum towns, frontier villages, under-

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ground caverns, a unique Ozark folk culture center at Mountain View, and the only diamond mine in North America, at Crater of Diamonds State Park.

Spring is bass fishing season at Millwood Reservoir near Texarkana and DeGray Reservoir at Hot Springs. A major resort as well as one of the nation's oldest national parks (1832), Hot Springs has 5 days of thoroughbred racing each spring, nightlife, and mineral baths, in addition to the natural wonders of nearby lakes and mountains.

Colorful Tennessee

Tennessee is Nashville's Grand Old Opry; the cotton Carnival and Elvis Presley's shrine at Memphis; Chattanooga with Lookout Mountain, Rock City, and the Chickamuaga National Military Park,

advertisement *continued*



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An old fashioned garden

site of one of the most crucial engagements of the Civil War. The resort town of Gatlinburg sits on the doorstep of the Great Smoky Mountains National Park, the nation's most popular.

The U.S. Atomic Energy Museum at Oak Ridge opens fascinating doors into this mysterious source of energy. The nearby university city of Knoxville has many fine dining places, and is preparing for a world energy exposition expected to draw over 12 million visitors in 1982.

Tennessee is TVA Country, and the authority's many lakes are the perfect ticket for springtime boating and fishing.



A profusion of rhododendrons grace Southern byways

LEGEND HAS IT THERE ARE FOUR COURSES IN PARADISE.

Club pro's who've played here in four PGA Championships say Callaway Gardens is a true golfer's paradise. And we think you'll agree.

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FOR BEGINNING COLLECTORS:
BEST BUYS AT AUCTION

How to pick good investments in 19th-century porcelain, paintings, and furniture

By John Block and David Redden

Everyone collects, and almost everything is collectible. Given the variety, where do you start? Prices for some art objects are sky-high. All the well publicized auction galleries in New York and London send out the same message: Good art works are very expensive. Buy the classics and the money you pay will be obvious. The trick is to go after the objects which are currently in the process of reevaluation. There, the prices won't be high, but the value *will* be.

Through America's auction rooms and antiques shops pass everything from fabulous jewels to tin toy cars. Prices seem to be rising in almost every area. Fortunately, there are categories where you still can get in on the bottom rung.

19TH-CENTURY ART

Works from the last century are plentiful, beautifully made, generally in good condition, but historically overlooked. These items were made all over the newly industrialized world, and were purchased by eager travelers from America, Europe, and Great Britain. There are a number of collection areas which typify the art of the 19th century. However, some fields are especially interesting, reasonable in price, and available all over America. We give you three:

EUROPEAN PORCELAIN

Little else so well represents the 19th century as the vast and varied productions of its porcelain kilns. Here, the craftsmanship of the 18th century combined with the mechanical and industrial ingenuity of the 19th century to cater to the ornamental needs of the newly rich middle classes.

The great centers of 19th-century continental European porcelain manufacture were Germany, Austria, and France. The two major German factories were Meissen and Berlin. Meissen, famous as the oldest porcelain factory in Europe, drew on its legacy of outstanding 18th-century rococo designs by great ceramic artists like J.J. Kaendler and P. Reinicke to produce an extraordinary array of mythological groups, romantic couples, animals and birds. Elaborate dinner services, beautifully painted with bouquets of flowers, cases for clocks, knife handles, baskets raised on vine-wreathed stands, and magnificent carved urns were also produced, all well labeled with the factory's blue crossed swords mark. The standard of quality was always high; the



This elaborate European tea service, handsomely crafted, sold for $2,500.

porcelain thick and heavy, the modeling well executed, and the enamel paints carefully applied with meticulous attention to detail.

Meissen groups are especially appealing, showing *putti* huddled around a winter fire or drawing a sled—always, mind you, clad incongruously in the most perfunctory costume—or courting couples engaged in endless pursuit of one another, with a sly cupid forever in attendance, or the cupid himself sharpening his arrows, or forging a heart, or bound with flowers, admonished against further mischievousness. Or children may clamber about grape presses, sampling the wine or play at being lovers—childhood innocence tempering adult folly. These and a host of other charming groups frequently appear at auction. Their prices range from $300 for a simple figure, perhaps 5 or 6 inches high, to over $2,000 for an important piece or a large group.

But the most interesting Meissen wares for the collector are 19th-century productions that owe nothing to the 18th century, often figures dressed in contemporary costumes such as models of soldiers, or large plaques designed to be framed as pictures, or service plates adorned with copies of old-master paintings. These, however, are not cheap. The plates, for example, painted with remarkable precision, sell for about $500 each. Still, these are a relative bargain, when you consider that these sample plates in the 1890s were retailed by stores like Tiffany & Co. for what was then a very respectable $100 apiece.

The Berlin factory was even more famous for its copies of old-master paintings on porcelain. Another of the great German factories with a distinguished 18th-century past, Berlin, during the first half of the 19th century, produced wares in the French Empire style. Architectural views and historical scenes were painted with extraordinary care on urns and table wares. A single cup and saucer of this sort now fetches upwards of $1,000 at auction. During the second half of the century, the Berlin factory revived 18th-century models, similar to those at Meissen, but decorated them with a more restrained use of color and embellishment. The factory also made painted porcelain plaques, and it is for these paintings on porcelain, impressed with the initials of the company, K.P.M., and produced from 1850-1900, that the company is famous. Here the colors glow undiminished, as only enamels on porcelain can, and the quality is superb, a triumph of technique and technology—highly skilled painting working with a remarkable range of colors. The subjects of these plaques were never original, but were drawn from paintings hanging in German museums, particularly those old-master or contemporary paintings that displayed a touch of sentimentality. Young children and scantily clad maidens predominated. And that was just what the late 19th century wanted. An army of painters specialized in plaques, usually painting them outside the factory and proudly signing their work. The great name to look for is Wagner, actually the name of a large family of accomplished porcelain painters.

Berlin plaques must have sold like hotcakes in the 19th century, because large numbers turn up in the salesrooms. And modern taste has gone full circle, because buyers today are more eager than ever for them. Prices range from $300 or $400 for a 7-inch-long oval plaque, of Madonna and Child to $16,000 for a 12-by-15-inch mythological subject of maidens bathing in a moonlit pool. Clearly, Berlin plaques are no bargain now. But nothing illustrates better the extraordinary potential for 19th-century pieces. A year ago, these plaques cost 20 to 25 percent less. Four years ago, the difference was 50 to 60 percent. Ten years ago, they would have been virtually unsalable.

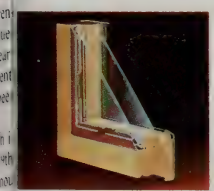
Sumptuous decoration, very much in the Berlin style, is what the late 19th-century Viennese factories are famous for. These companies all used the same marks to identify their ware, the traditional shield (or "beehive") mark in underglazed blue of the old Vienna factory which closed its doors in 1864. At the best, they produced some of the finest decorated plates, trays, and urns in Europe. Subjects tended to be girls with streaming hair or classical scenes, painted within fanciful gilt and colored bor-

Continued on page 11

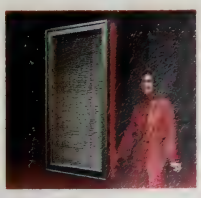


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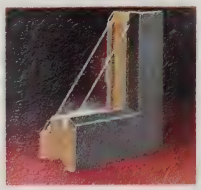
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ders. Several years ago these plates were very affordable at $200-$300 a plate; however, in a recent New York sale, the illustrated plate brought $850!

One point to be aware of is in the field of French porcelain. Here, pairs of huge "palace" urns, 3 or 4 feet tall, indifferently painted and applied with crudely cast gilt-bronze mounts, will sell for $10,000 to $20,000 and occasionally much more. Just now, prices seem unrelated to quality. For the collector, though, true 19th-century Sèvres porcelain, properly marked with variously changing printed marks, is very much the thing to buy (if you can find it). Until the revolution of 1848, the style was Empire, similar in taste to the contemporary Berlin factory production. From 1848 until the end of the century, the style was High Victorian, similar to the English porcelain of Royal Worcester and Minton. By the turn of the century, it was Art Nouveau. Prices range from the low hundreds for interesting figures or a vase to the thousands for an elaborate tea service.

AMERICAN PAINTINGS

American pictures, like all Americana, are currently very popular. Many collectors are specializing in American furniture of the 18th century, folk art of the 18th through the early 20th centuries, and in fine paintings by artists of the Colonial and later periods, who were trained by European masters. The natural patriotism of American collectors and the newly art-educated American population have added impetus to the quickly soaring prices of Americana. However, as in all categories of collecting, there are those areas that have been forgotten and until recently overlooked in favor of better known works by historically acclaimed artisans and artists.

You can still buy American paintings at reasonable prices. Buy carefully, searching through auction sales and dealers' shops. You can find a lovely landscape, a charming primitive unsigned American portrait, or an American impressionist painting as beautiful as the earlier French impressionist works, at almost unbelievably low prices!

Topographical landscape paintings are important records of American history. Hundreds of local and itinerant artists, both formally trained and self-taught, captured the beauty of their native American scenery. Throughout the late 19th and early 20th centuries, these artists portrayed American land as it appeared to them: romantically, in soft tones in an almost idealized manner, or naturalistically, in straightforward reproduction of the view or scene.

Bruce Crane's (American, 1857-1937) work, for example, represents a more romantic view of American landscape. His colors and style reflect those of the French Barbizon school, yet he is typical of a large number of American painters. His paintings are of good quality and often reasonable in price. In February, 1977, a work sold for $475, quite accessible to many new collectors. In a recent sale in New York City, a landscape sold for $2,000. It seems that some of his works are already expensive, but there are many still available for under $2,000. The works of many similar artists represent good buys for the collector who hopes his purchases will be worth more in years to come.

Edward Darch Lewis (American, 1837-1910) is typical of previously overlooked American artists whose work is becoming increasingly popular. Lewis's views of New England seaports are charming, beautiful, and easy to appreciate. In the spring of 1978, a picture by Lewis brought $650. In a recent sale, a similar painting brought $500, a low price for a quality picture.

Perhaps the area of greatest potential price increases for American paintings is that of the lesser-known American impressionists, often trained by European masters or by major American artists during the late 19th century. Colorful paintings in the impressionistic style were produced during the first third of the 20th century in great quantity throughout America, especially in New England. Though many works can go for tens of thousands of dollars, many fine paintings can be bought for $500 to $1,500.

The works of Ben Foster (American, 1852-1926) have been attracting interest in the auction market in recent months. His beautiful impressionist landscapes full of light and color are rapidly increasing in value. In October, 1978, a view of "A Forest and Stream" brought $1,200. In a sale this past December, a painting by Foster brought $1,900, a good but still low price.

The New England scenes of William Lester Stevens (American, 1888-1969) are also currently selling for rising but still reasonable prices. A landscape by Stevens was sold in June, 1978 for $1,100. In October the price of $1,400 bought a similar work.



Carved 19th-century desk with pigeonholes for letters and papers.

Portraits of the 18th- and early 19th-century American school have always demanded high prices. Even folk portraits painted by itinerant artists can bring thousands of dollars. However, many unsigned, primitive portraits by unknown, but not unskilled, artists turn up at sales throughout the country and can be purchased for under $1,000!

Two charming portraits were sold in a recent New York sale dating from the late 19th century. One, a delightful portrait of a woman and her child, and the other of a woman in her fanciest lace-trimmed gown. The former brought $550, the latter, $750. The appeal of these portraits is universal—they do not have to be of your ancestors to add a touch of 19th-century America to your home!

VICTORIAN FURNITURE

A few years ago, Victorian English and American furniture was regarded as little more than used furniture; it was found in thrift shops and occasionally in the shops of small dealers and in small auction houses. Currently, interest has reawakened in several areas of Victorian furniture. Prices of this furniture in the French style can go as high as $10,000 to $50,000. But there are still some bargains to be found. Well-carved pieces can be bought quite reasonably. A love seat made in New York in about 1850 with a foliage and fruit carved crest rail sold in the fall of 1978 for $500.

Nearly every collector would like to own a useful piece of furniture like a carved cylinder front desk with pigeonholes for organization of letters and papers. This late 19th-century desk brought only $500 at a September, 1978 auction in New York City. The mahogany chest of drawers and the dressing mirror represent the real bargains that can still be had when buying Victorian furniture. The dressing mirror brought $250 and the chest with the crotched-mahogany veneer sold for only $150. Pieces such as these can often be found at auctions and antiques stores all over the country. But prices are rising, so go out and collect now!

From the 1880s until the early 1900s, Gustave Stickley created what is known as mission furniture. This "arts and crafts" period furniture was manufactured to be utilitarian, simple in design, comfortable, and affordable. You can buy signed pieces of mission oak furniture throughout America, sometimes for a steal. A labeled rocking chair recently was sold for $200. The desk and chair together brought $400, and the pair of chairs recently sold in New York for $150. Currently being rediscovered, mission furniture is a sure bet to go up in value in the coming years. Already galleries specializing in Stickley mission furniture are springing up in various cities, and asking and getting amazingly high prices. ■

ENERGY UPDATE

Watch words on windows

How to stop heat loss through glass, frames, and cracks

By Jim Morgan

To take a serious look at windows, like other aspects of energy efficiency analysis, you have to dig into technicalities a bit. It is necessary to break heat loss (or gain) through windows into three parts: loss through the glass; loss through the frame and sash; and infiltration, or cold air leakage, through the cracks around the window.

Double glazing, of course, reduces the loss of heat by more than 50 percent. That sounds wonderful until you compare the amount of heat lost by a similar area of insulated wall. The window still loses eight times as much heat as the wall! In fact, in a well-insulated house, two-thirds of the heat is lost through unprotected windows. That is why, in a truly energy-efficient house, windows are only used to collect sunlight. At other times, especially at night, they must be shuttered with thermally effective panels or shades.

The second aspect of heat loss is through the frame and sash of windows. It is standard practice today to pack loose insulation tightly in and around the frame when it is installed in the wall so that the frame loses no more heat than the wall itself. A continuous metal strip over the joint between wall and frame with exterior moldings tightly caulked completes the job. If you replace an old window in an insulated wall with a well-made new one, be certain that this step is carried out, or you will gain little in heat savings.

The sash itself, usually about 2 inches thick, is where most of the argument of wood versus metal windows centers. Metal windows usually have sash made of hollow square tubing with a slot formed to take the glass and some ridges to accommodate weatherstripping. It does little good to stuff insulation inside the tubing, because the principal heat loss is directly through the metal from inside to out. The heat-conducting properties of metal are well-known. But that problem can be solved. In their best quality units, the aluminum window manufacturers now insert small strips of

Continued on page 220



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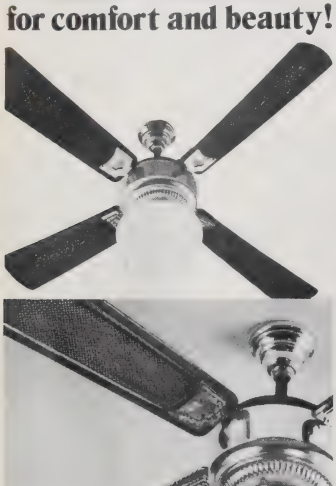


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Cincinnati, Ohio 45201

The pros and cons of water filters

plus how to hang pictures on brick, cover intense-colored paint, where to find antique plumbing items

By Deanne Raffel

Q Are water filters a necessary addition to plumbing fixtures?

A There are pros and cons about water filters. Some scientists will tell you they may cause a negative reaction. They caution against the dangers of bacterial build-up in the filter overnight when water is stagnant. Some filters are so good that they will filter *out* the trace minerals that the body needs. They are the expensive units costing up to several hundred dollars. On the other hand, in areas where water has an objectionable taste—such as too much chlorine—a filter can change the quality considerably. The small filter units, price about $30, that thread onto the kitchen sink spout are an easy way to help improve your drinking water without involving additional plumbing work. However, remember the filter will require frequent maintenance if the water problems are severe. The unit uses replaceable carbon or charcoal granules to help screen out impurities. They need changing periodically.

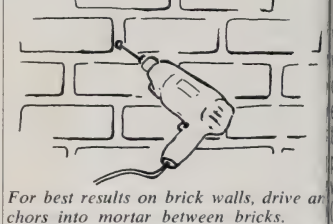
There are a few steps that you can take to improve your drinking water without resorting to a filter:

1. Store water in the refrigerator for six or more hours.
2. Boil water before use.
3. When drinking water from the tap, let it run for several seconds before filling a glass.

Q How can I hang pictures, or secure shelves to a brick wall?

A Hanging a lightweight picture on a brick wall is a simple matter. Just drive a hardened, fluted masonry nail at least ½ to ¾ inch into the mortar between the bricks. (Do not nail directly into the brick as it may crack.) Slip the wire attached to the back of the picture frame over the head of the nail. To suspend a large, heavy frame, take a piece of 1-by-2-inch or 1-by-4-inch lumber the width of the frame, drive 1¾-inch masonry nails through it, at each end. Place the wood against the wall with nails resting in the mortar line. Hit the nails squarely on the head until the wood rests tightly against the bricks. Secure regular picture hooks to the wood and hang the picture.

Securing shelves takes more time. Use an electric drill (preferably a variable speed tool that can work at fewer rpm's) and a ¼-inch carbide-tipped masonry bit to drill holes 1¼ inches deep in the mortar. Insert 1-inch lead anchors into the holes. Use the end of a ⅜-inch dowel and the hammer to coax anchors into the mortar joint holes. Attach the shelf brackets to the anchors with sheet metal screws. Try to use the mortar wherever possible, but when it is not located in the exact position for the shelf brackets, holes will have to be drilled into the brick. (Mortar holes can easily be camouflaged at a later time, brick holes cannot.) If you are putting up many shelves using adjustable standards, it's best to attach vertical 1-by-2-inch lumber strips first to the wall with anchors and screws. Secure every 9 or 12 inches wherever the mortar falls, then attach the standards to the wood with screws.



For best results on brick walls, drive anchors into mortar between bricks.

Q How can I prevent a dark or a very bright paint color bleeding through walls of a different color?

A Most undercoatings are not sealers. To cover dark or very bright colors properly, use white shellac. This pigmented shellac does two jobs in one—primes and seals. White shellac can also be used to prevent other stains—from grease, rust, crayon—seeping through the surface and causing discoloration. Because shellac uses alcohol as its working medium, it dries quickly (to the touch in 15 minutes) under most conditions, and is ready to be recoated in another 45 minutes. (See instructions on the can for specific problems.) Apply with a paintbrush, pad, or roller. Do not

Continued on page 12

We changed what an oven does by changing how it does it.



The Farberware Convection ven. A Cooler, Cleaner Oven For Under $176.

Farberware's convection oven is a whole new concept in ovens. An electric countertop oven that's compact and portable, but with big-oven capacity. (It can roast up to an 18 lb. turkey.) An oven that cooks fast, yet safely and economically. An oven that will give you better results, and take less time, effort, and work. But before we could come up with an oven that could do all these things, we had to find an entirely different principle for an oven to work on.

Our secret: circulating air.

In Farberware's convection oven, the cooking air is kept in constant circulation, moving around all sides of the food. Your food cooks on all sides at the same temperature. So you never have to turn anything, whether you're broiling, roasting or baking.

Cook without heating up your kitchen.

Since the cooking air is kept in constant motion inside the oven, it can't escape to heat up your kitchen. You can bake, broil or roast on the hottest days without baking, broiling or roasting. Convection roasting also saves you 1/3 of the time it takes to roast in a regular oven. You can do frozen meat in the time a regular oven will do thawed meat. You'll be able to save power, too. Our convection oven uses less energy than a conventional range oven. And it runs on standard current, without special wiring.

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The inside walls of our oven are treated to vaporize food splatters while the oven is working. A removable filter traps solids and fats. The drip tray and glass door come off and pop right into the dishwasher.

A lot of oven for a little money.

The Farberware convection oven sells for less than $176. A lot less than other ovens that don't do nearly as much, nearly as well. Which makes it the ideal second oven, one that could well become the oven you use all the time. And why not? Everything you roast, bake or broil will come out of this oven looking like it came out of a magazine. In less time, with less work, and for less money.

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It's what every oven should have been all along.

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HOUSE FIXER

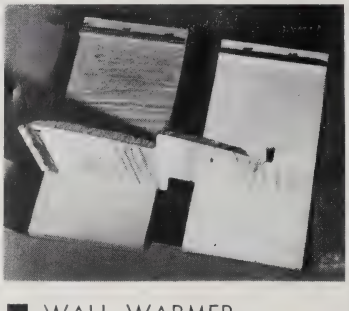
continued from page 120

load the applicator. Spread it on thinly and work quickly since the drying time is so short.

Q We are remodeling an old house and want to retain the old plumbing fixtures. How can we find replacements for worn exterior or interior parts?

A Finding replacement parts for old plumbing fixtures can be difficult. Spouts, handles, stoppers, escutcheons, etc., are no longer made by their original manufacturers, even if the company is still in business today. By law, the vitreous china fittings we used to see can no longer be manufactured, because of the sharp, jagged edges they acquire when accidentally broken. Acrylic plastic now replaces ceramic. You may, with luck and leg work, be able to locate hardware on old fixtures that clutter used plumbing supply yards. (For locations, check the Yellow Pages under "Used Plumbing.") Parts for worn inside fittings (the guts of the hardware) can usually be found in the bins of a long-established plumbing-parts supplier. Your plumber may tell you that a replacement part is unavailable. But remember, one *can* be specially machined, though this can prove costly.

If you have set your heart on antique hardware, there are some modern facsimiles you can investigate. Kohler produces some reproductions called the "Antique Line." ■

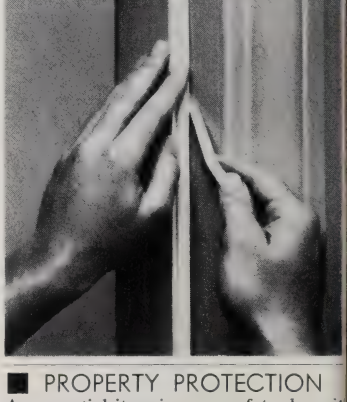


■ WALL WARMER

Aluminum exterior wall siding, 'Climatic,' comes with polyurethane foam sprayed on the back. It serves as wall insulation as well as siding. The foam hardens when applied and forms a bond with the metal; it is heat and moisture resistant. Available in eight colors and in 8-inch horizontal panels with either a smooth or wood-like texture, it is also made in a one-piece panel simulating 4-inch narrow siding. Averages $58 to $65 a hundred square feet. Hunter Douglas Residential Building Products, P. O. Box 650, Durham, N.C. 27702.

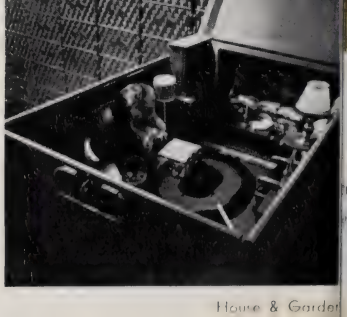
■ WEATHERPROOFER

This door weatherstripping, 'Self-Stick Door Weather Seal', to keep out cold drafts or heat, dust, and moisture, is self-adhering. It is easy to apply by hand, you cut it to fit with scissors, it requires no nails, tacks or screws in woodwork, is invisible when door is closed. Installed between door and jamb or jamb and door stop, it is pliable and adjusts to any gaps from door warping and stays flexible in −29 to +140 degree temperatures. In white or brown, a package of four 42-inch and one 36-inch-long sections (to fit any average 7-by-3-foot door) retails around $5.99 in hardware outlets. Stanley Hardware, Dept. P.I.D., Box 1800, New Britain, Conn. 06050.



■ PROPERTY PROTECTION

An essential item in your safety deposit box is an up-to-date inventory of your worldly possessions with estimates of their present value in case of fire or burglary. Honeywell is offering a chart, "What to furnish a safety box with," that you fill out listing all household furnishings, clothing, appliances, personal possessions, jewelry, and the like. It gives estimates of annual depreciation percentages of household possessions, recommends insurance to cover at least 80 percent of the current value of your property, lists valuable papers and records to store in a safety box. With 25¢ postage charge, Dan McVann, Honeywell Protection Services, Honeywell Plaza, Minneapolis, Minn. 55408.



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Kirsch



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Her husband nailed her in the act

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color

what's new, what's exciting

From the first red and yellow dyes our ancestors used in early cave paintings, we have always found a way to lift our spirits by surrounding ourselves with color. There are colors as old as the Imperial Yellow in Peking's Forbidden City, and as new as the rich rainbow canvases of Frank Stella.

In decorating with color, the only thing that counts is how the colors work for you in your rooms, to reflect your moods, give you pleasure. Here is what is going on in color today, in fabrics, furniture, and things for the house. From this roundup, you may find some bright ideas for using the oldest decorating tool in the world in a new way at home.

Fabrics

Look for surprise combinations—Chinese lacquer red with mauve, turquoise with fuchsias and pink, lavender with soft greens, melons, and pinks, salmon and shocking pink with Nile green...Tiny overall patterns still, but newest of all are the over-scales—sumptuous, exaggerated, larger-than-life. Think of exotic flowers like orchids, water lilies, hibiscus, or romantic perennials like hydrangea, wisteria, and geraniums—in bright flower colors on dark backgrounds. Traditional motifs appear in giant scale, too, giving new importance to the tree-of-life pattern or Indian paisleys or Jacobean lilies... Newest look in color comes from hand-painted silks and cottons. From hand-painting and air-brushing have evolved sophisticated, spare new designs, often in shadings of just one or two colors, such as beige and apricot or rust. Notice the influence of abstract painters, and soft-edged impressionist designs often in the soft blues and greens that are associated with Monet.

Sheets

Clean colors and designs are everywhere: blues, pale pinks, white, and butter yellow; Oriental looks such as paisleys, a dark ground with jewel-like colors....Garnet red and true blue big in prints...New solids: blue and chocolate brown, plus new grays and camels. Toned-down browns are coming in, and neutrals that blend with pastels. The word overall, *mellow.*

Furniture

In America, the news is naturals and softer colors, with always a few pretty prints in bright colors. Most popular of the new House & Garden Colors is Greensilver, used in velvets, canvas, as a solid color and as background for prints...More Oriental influence in new Chinese-look beds and lacquer finishes. From Europe, it's pastels—in particular, pinks, peaches, blues, greens, mauves, yellows...Natural colors still very strong, in natural materials like cotton, leather, suede, silk. Brighter primary colors are found in lacquer finishes, plastic, painted metal frames.

Wallcoverings

The prettiest walls around seem to have subtle texture or shiny surfaces. Textured wallcoverings such as straw and grass cloths are sometimes given a soft wash of color with whitened or diluted paint. Subtle paint techniques such as strié or stippled finishes add interest to plain walls. Lacquered walls are the ultimate in shine. A short cut to the lacquered look: polyurethane over painted walls—especially effective in deep colors. Art has spilled over onto the wall, with artists and artisans hand-painting scenes on walls or ceilings, or air-brushing subtle patterns of color—lightest near the ceiling, graduating to the deepest shade at the baseboard.

On the table

For the first time in ages, we're seeing solid color plates, in primary colors (yellow, blue, lacquer red), and—even newer—bright pastel earthenware. The Orient continues to be a major influence, with bright-colored flowers in pinks, reds, or oranges on backgrounds of white or ivory, and lots of blue and white in wide borders. Chinese patterns, or narrow cafe-striped borders. To see all the best color ideas in action, read on.



Suddenly, color! More vitality than ever, and still the biggest bargain in decorating. Starting here, people with a knack for turning color into wonderful rooms show you what it takes to have

a talent for color





Tricia Guild: Here's a designer whose passion for flowers is reflected in the colors she uses in decorating. "I love the freshness of soft garden colors," says Mrs. Guild, *opposite page right,* who designs fabrics like "Flower Garden" cotton chintz, *left,* "with informal fluid patterns inspired by nature." In her guest-dressing room, *top left,* and bedroom, *bottom left,* she used gentle greens in patterns so subtle they almost become texture: In the bedroom, one fabric pattern is quilted on a chair, shirred on the walls, made into a table skirt—and enlarged for the rug. "The tiny design is calm enough so that it can be used generously. It turns the room into a soft, warm cocoon," says Mrs. Guild. In the guest-dressing room, lavish swags of fabric make balloon window shades and a larger version of the bedroom's fabric pattern covers the walls and shelves. All fabrics from Designers Guild. Shopping information, page 189.

"A quiet pattern can create the same unifying effect as a neutral solid—but with more personality"

Joseph Lembo for John Saladino: "Color should be used to enhance the architectural features of a room," says Mr. Lembo, who likes to use cool colors and sleek materials, *opposite page left,* to show off a clean crisp modern room. For instance—think of using House & Garden Ice Blue in a high-gloss paint for walls and ceiling. Aluminum paint glossed with polyurethane rubbed on oak planks could make a floor shine with a silver-green glow. For furniture, you might consider clean-lined banquettes in Greensilver canvas, and metal shelves epoxied metallic green.





A kitchen that's not just for cooking, but for dining and entertaining—a place where family and friends love to gather. Filled with quilts and afghans, flowers and plants, painted porcelain, and old cane furniture—all the things its owner, designer Tricia Guild, loves—this kitchen is colored with friendliness. The company's good and so is the food. To sample it, turn the page.

DAVID MASSEY

entertaining with color

Tables and food arranged like flowers to create an inviting welcome for guests



Tricia Guild arranging vegetables

"For exciting tables, put your color in flowers—flowers on plates, flowers on table linens, and real flowers in flowered vases"

Like any other art, the art of entertaining requires an eye for color. "The fun is in creating a pleasing atmosphere —with decoration, food, company—that your friends will enjoy," says designer Tricia Guild, who likes to give casual dinners which, whether sit-down or buffet, are always in her kitchen. Guests watch her put the finishing touches on the food—and are often invited to help: "Food should be savored not just for its taste but for the joy of preparing it and making it look wonderful," says Mrs. Guild, who serves mostly fresh fruit and vegetable dishes like the ratatouille en gelée and the prosciutto with kiwi fruit she served at this buffet. "I collect recipes and change them to suit my mood—and my taste." For dessert, she usually gives friends a choice: here, strawberries on a chestnut-filled meringue ring or a rich chocolate dessert like the heart of chocolate mousse studded with candied violets. Mrs. Guild fixes each platter as if she were arranging a bouquet: "Food colors, like flower colors, always look wonderful together," she says. Soft flower colors are everywhere in this room, giving you the feeling you're in the middle of an old-fashioned English garden. Collections of thirties' flower-painted porcelain color open shelves, counters, and tabletops. Patchwork quilts and afghans cover the walls and the big cane chairs, each cushioned with its own tiny print. Baskets, some filled with fruits and vegetables, some with plants, some awaiting assignment, hang from the ceiling. In the cooking area, old tile backsplashes—gathered tile by tile at flea markets —make a practical contribution to the all-over sense of color. "Bits and pieces of objects and memorabilia can give a room a friendly feeling," says Mrs. Guild. "No secrets here—all of my favorite things are out for everyone's enjoyment." On the buffet, each platter is positioned on its own placemat and surrounded by flowers and funny old porcelain treasures like the sundial butter dish. On the dining table, each place gets its own flower-printed placemat — square ones to alternate with scalloped round ones (available in her London shop.) Giving life to the tabletop garden, real flowers in baskets and vases. "When tables are filled with food and flowers, guests feel cared for. And in the end that's what entertaining is all about—it means caring."



Cucumber sorbet in a 1900s fish-stemmed glass



Cabbage, carrot threads on lettuce-leaf plate

DAVID MA



The flower-filled dining table



"The colors of food seem to have a natural affinity for each other—as if everything came from the same garden"

Above: A feast for the eye, *from left*—heart of chocolate mousse; strawberries on a chestnut-filled meringue ring; prosciutto and kiwi with brown-wheat breadsticks; salmon mousse; artichokes with a taramasalata sauce; ratatouille en gelée. For recipes, see page 187.

a talent for color

BEADLE



HORST



Above: Nothing brings out the freshness of blue like white. Here, shades of blue on walls, braided wool rug, and pillows are enhanced by white cotton-covered furniture and a wood-carved table. By Charles Toepel of Draghila/Martin Assoc. for designer John Kloss.

Right: Lavender blue hand-crafted impressionist plate at Gordon Foster Glass, flatware by Villeroy & Boch. Shopping information, page 189.

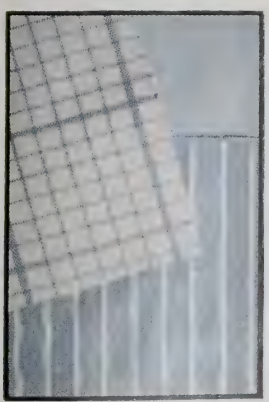
NEW COLOR SCHEMES AND HOW TO USE THEM

Georgina Fairholme chooses colors in keeping with a room's personality—like outdoor colors, *below*, for a solarium. Imagine walls washed with House & Garden's Per-



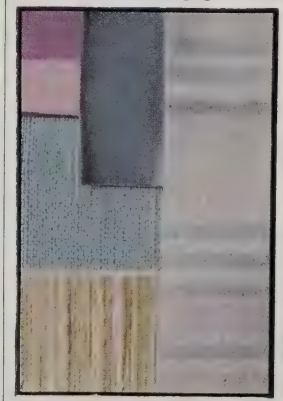
sian Turquoise to imitate the blue of the sky, and chintz wild flowers rambling over upholstered furniture, perhaps welted with House & Garden Sweet Lime and strewn with cushions in a geranium-colored striated silk. Windows could take on a whole new look with balloon shades in a textured cream-of-wheat fabric.

Edward Zajac and Richard Callahan use bold dishtowel plaids, *below*, to give an ordinary room extra dimension. One way to do it: In a room painted with House & Garden's Seafoam Green, you might build banquettes along two walls (for build-it-yourself modules, see page 166). Lacquer its platform black, and use one green plaid to upholster the mattress, another plaid for throw cushions. Textured green fabric might cover the seats of French chairs facing across a table.



WILLIAM P. STEELE

Bebe Winkler colors her rooms to blend with the view. Picture a room overlooking a wooded forest, filled with browns and blues, *below*. A string-textured wool in a light wood color to cover the walls, furniture linen-covered in House & Garden's Watercolor Blue and piled with pillows in blue satin and cotton printed with sunset stripes. And, for accents, Oriental porcelain in shades of raspberry. See the room in person on page 148.



Donna Lang and Lucretia Robertson like to sculpt a room with several shades of one medium-toned color, like House & Garden's Greensilver, *below*. In a room where walls wear striated paper, and the floor a rich blue-green carpeting, armchairs might be covered in a tiny-printed quilted canvas. For a big sofa, a bold-printed cotton canvas tossed casually with pillows in a delicate diamond-embossed chintz. To scatter throughout the room, boxes lacquered in two shades of aubergine.





Above: House & Garden Seafoam Green—ready to roll on a paint roller, the easiest and fastest way to spread lots of color. **Far left:** A fabric sea of tropical bloom on cotton from China Seas.



Here's a yellow living room inspired by blue—the blue of the porcelain that needed "a neutral with character" to show it off. Designer Ann LeConey, who borrowed the yellow from the chintz roses that run all over the sofa, also used it as accents in the dining room/library next door. To see it and the rest of the apartment, turn the page



apartment full of color

One color leads to another in rooms decorated with vitality and wit





apartment full of color

A lavish use of color requires a measure of restraint: "If you're using a lot of color in adjoining rooms, the colors ought to complement one another," says designer Ann LeConey, who put her advice to work in the apartment where she lives with her husband Michael, and their year-old son Morgan. You enter a dark green foyer covered with huge hand-painted green-black banana leaves. To one side, you can see the yellow living room, its facing wall filled with blue and white English and Oriental porcelain. In another direction is a long hallway, *below*, which, like the living room, has yellow walls hung with porcelain. Or so it seems. "It's really wallpaper," says Mrs. LeConey. "I think that even when you're really serious about something—as we are about porcelain-collecting—you need to have a sense of humor about it." Every other room in the apartment (even the kitchen, which you can see on page 147) is a variation on shades of green and pink. In the master bedroom, *right*, Mrs. LeConey curtained the bed with a romantic chintz hung from an upholstered canopy suspended from the ceiling. Lined in subtle stripes and anchored by the pattern in the durrie rug, the chintz is set off by the wall color. "I love the surprise of using an unexpected background. And if its roots are in a pattern you've used generously within the room, it's a foolproof decorating technique." In the dining room, *center left*, the hint of blue in the wallpaper was all the inspiration Mrs. LeConey needed to bring in the blue china and the crystal drops on the chandelier and wall sconces. Another way Mrs. LeConey accents pattern is with colored corded welting on upholstery. You can see it in the library, *top left*, on the whippet-patterned sofa. Why whippets? "They seemed an amusing complement to all the horse-racing prints." Shopping information, page 189.





DAVID MASSEY

"To enhance a pattern, extract one of its less obvious colors to use as a sensational backdrop"



Right: In the pink and green master bedroom, the surprise of blue and white porcelain.
Top left: The green of the library walls is metallic wallpaper.
Center left: In the blue-green dining room, Regency table, chairs.
Bottom left: Guest room is enameled green, with rose garland paper moldings.
Left: Wallpapered hall.
Above: Ann LeConey in her office at home.



a talent for color



DAVID MASSEY

Above: A bumper crop of giant peonies on cotton chintz from Manuel Canovas. **Above right:** A fabulous minceur salad: The slenderest green beans on a delicate toss of lettuce laced with mushrooms, grapefruit sections, and quail eggs. At Michel Guérard's restaurant Les Prés et Les Sources at Eugénie les Bains. **Right:** A jungle of floor-to-ceiling fatsia banana leaves. More about the Michael LeConey's apartment in "Apart and full of color" and "Kitchens in color



Mary McFadden scatters colors, *right*, so you "get a blast of rainbow every time you enter a room." In long narrow spaces, for instance, painted white and filled with white canvas furniture, consider a floor of lacquered rust raffia. Then imagine it with pillows—big for the floor, small for the sofa—in rose raffia and House & Garden Greensilver and Pistachio Ice. Along the walls, screens paneled in periwinkle Chinese silk.

George Clarkson suggests contrasting dark colors with pale ones, *above right*, to create a sense of drama. Start



EW COLOR SCHEMES
ND HOW TO USE THEM

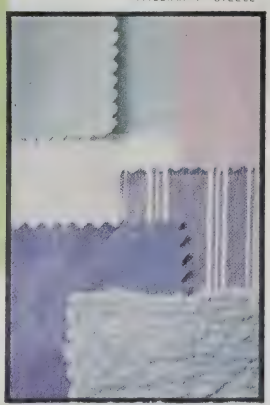


with a patterned aubergine chintz, to line with coral taffeta and float around a tester bed. Bedspread and dust ruffle could also be made from the chintz. Paint the ceiling Ice Blue, the walls Watercolor Blue, and the moldings Greensilver—and toss a trio of pillows in the same colors on the bed. On floor, a green carpet.



Joseph Braswell of Braswell-Willoughby uses color to define space within space. To set off a bay-windowed dining niche at one end of a white living room, you might use blues in different patterns and textures, *below*. You could paint the wall around the niche House & Garden Watercolor Blue, and its ceiling lighter blue—House & Garden Heavenly Blue. Blinds might be blue and white stripes; a banquette, curved to fit the bay, nubby cotton tweed with blue chintz throw pillows. Chairs around the table might be slipcovered in the same blue as the walls. To set off the vignette, the entire floor could be bleached.

WILLIAM P. STEELE



Right: Blue-bladed gardening shears at Manhattan Ad Hoc. Shopping facts, see page 189.



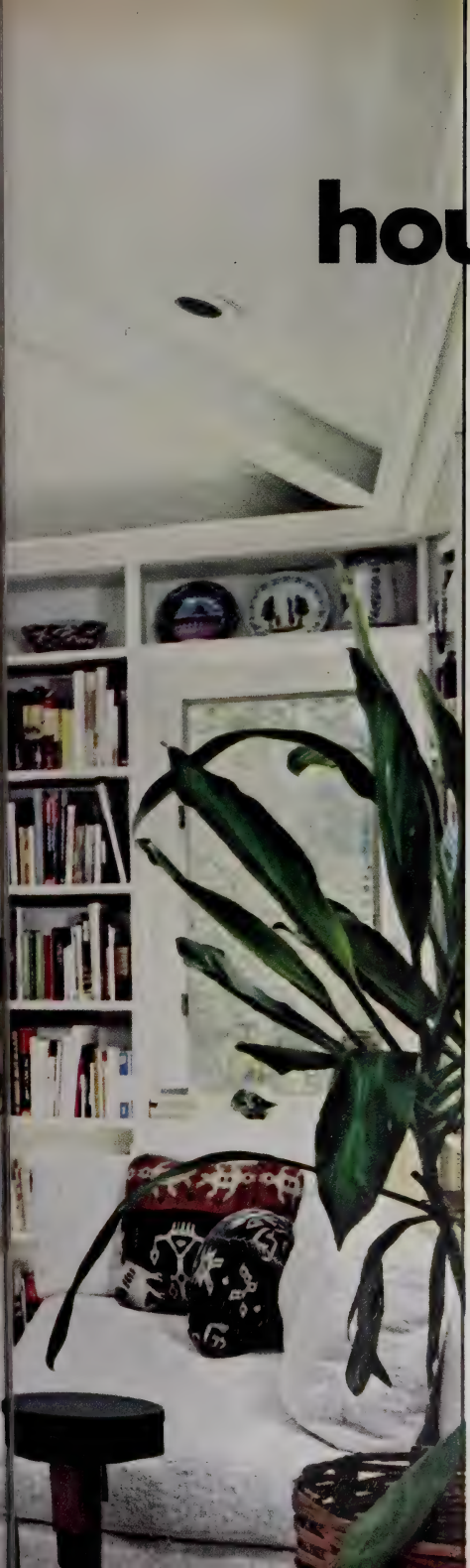


a houselift with color



How a suburban ranch took a new lease on light, with a new skylight, rejuvenated fireplace, and fresh ideas with paint

There's a lot more to color than meets the eye. "To 'color' a room is to give it character not only with paint but with fabric, texture, furniture design—even the arrangement is important," says designer Melvin Dwork of Dwork/Maguire Inc., who colored all the rooms in this house with light. First the library, *left*, was opened with glass—a triangular skylight angled in between existing roof beams, and tall glass windows replacing the original tiny panes. Floor-to-ceiling fireplace bricks were removed, replaced by white-painted wallboard, and hung with an antique quilt. "For light, you need light-hearted materials," so dark wood floors were bleached pale and dark paneling gave way to clean white shelving that continues nonstop around three sides of the room. "When you use a lot of white and glass you need anchors, and the books and objects give weight to the expanse of ceiling, walls, and floor." Other anchors: small dark tables for the white antique Rumanian kilim rug, and pillows of Indonesian batiks for sofas designed with just one arm to give a chaisey feeling of romance.



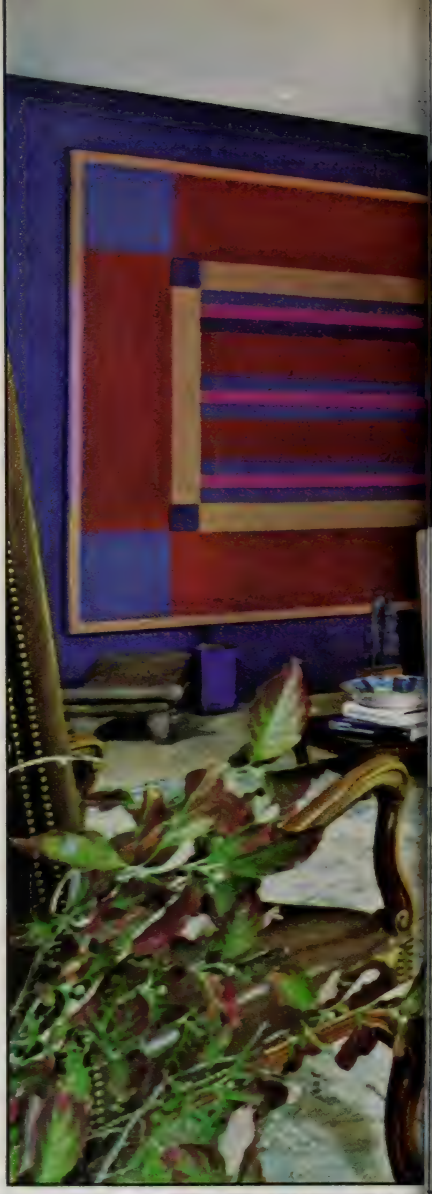
RUSSELL MACMASTERS



Before

Far left and left: In the library, new white walls and woodwork; bookcases to replace stuffy paneling and curtains. The fireplace was relieved of its bricks and given smart new proportions with a quilt hung on white walls. The raised hearth ledge is newly lined with a sheet of brass that reflects the fire and echoes the chandelier. On the armless chair, a throw of striated silk bound in yellow for more brassy accent. *Above:* The outside of the house, with newly painted putty trim.







a houselift with color

"To expand a room, consider *dark* walls—contrasted with white furniture, a deep background gives the feeling of space"

In the living room, blue predominates in deep glossy lacquered walls that "make the room dressy and intimate." Set against this background, white furniture makes a graphic impact. "You can use dark backgrounds and still give a room a sense of light, as long as the furniture is pale-colored and the arrangement is open." In this room, except for the glass cube of a coffee table "that's practically invisible," all the furniture is arranged along the walls. This way, the antique Tibetan durrie rug contributes lightness from below, while recessed lighting in the ceiling provides a subtle glow from above. In the dining room, *above*, light pours in through a bay window niche now painted all white. "When you paint out woodwork, the room takes on a kind of limitlessness."









Above: The whole living room, even the wood-paneled fireplace wall, *near left*, was painted dark blue, and a big new sofa was designed to fit the bay window, whose original wood trim, *far left*, was painted out. Under the glass coffee table, Siamese twin coconut shells made into a box. On the chaise, *center left*, an ikat throw.

Opposite page, top and bottom: To elongate the dining room, the table was turned perpendicular to the bay window; for color and life, a pebbled plant ledge.

3 SENSATIONAL MAKEOVERS

You can cook, eat, and pursue a hobby, in a wide-open kitchen streamlined in green

Before





WILLIAM P. STEELE

A lot of living goes on inside this colorful light-filled kitchen-living center in a rambling old house by the sea. It's a gathering place for family and friends, and can be independently heated in winter, with a sleeping wing above, as a self-sufficient weekend retreat. Once a warren of 7 tiny rooms, the space was restructured by kitchen designer Wayne Walega of New Design, and interior designer David Hamman. The central kitchen became the heart of the new space, with a laundry, bar, child's play area, home office, and breakfast area radiating outward. Green carpeting stretches from foyer to table, past the Lacquer Green snack bar with sink and dishwasher on one side, appliances plugged in behind sliding doors in the center. At the far end of the room, another sink and dishwasher service the dining room. Two cooktops were installed at the windows "to enjoy the view while stirring." Next to the table, a revolving storage column keeps dishes and the microwave oven handy.





kitchens in color







Above: In the remodeled kitchen, guests like to relax at the snack bar while dinner is being prepared on the other side. *Opposite page, top:* The old kitchen. *Opposite page, bottom:* The laundry room can be hidden by a wallpapered accordian door. *This page, far left:* Laminated Tielsa cabinets are filled with a variety of storage options. Utensils and equipment are organized logically near appropriate work areas. *Left:* In the breakfast area, an oak-topped table and upholstered wicker chairs. The office beyond holds cookbooks and household files.

Building facts, page 191.

kitchens in color

Once a Victorian parlor, now a charming kitchen in black, white, and wood



ELLIOT FINE

Before







2 Its Victorian character still remains, yet this brownstone parlor, *above left*, now has a modern working kitchen in its midst, *right*. The focal point: a butcher-block island with sink, dishwasher, and a fabulous array of storage beneath. Curved corners swing out to reveal deep shelves and top wells, open slots hold trays, and a pull-out cabinet collects trash under a cutout near the sink, *right*. "We love to cook and the island is large enough for both of us to work simultaneously," say Mr. and Mrs. Harold Pokel, who enlisted the help of architect David Hirsch to help with the alterations. Original stained glass windows, carved woodwork, and a parquet floor combine

DAVID MASSEY

with decorative cooking gear, butcher block, and collected treasures on the walls, to add color and interest to a room that's basically black and white. By the fireplace, *opposite page, below left,* wire wall grids display tea tins, pasta in jars, and food-processor accessories. Suspended above the island, an ingenious double-duty track holds light fixtures as well as copper pots, baskets, and herbs. A restaurant range was recessed into an arched niche, *left,* and a neighboring closet with its door removed became a nook for the refrigerator/freezer. Another closet, *opposite page, top right,* fitted with shelves, is now used as a pantry. Lace curtains from Paris filter sunlight at the windows and cover the door (once a window) that now leads to a redwood deck overlooking the backyard garden. Building facts, page 191.

In a small-space kitchen, open storage, pattern, and green

3 "I like to make a small space cozy," says designer Ann LeConey, who gave her outdated kitchen, *right,* a new personality, *above.* Banks of open storage were built, and low cabinets and new appliances jockeyed into a more workable arrangement. A glass-front pantry cabinet became a porcelain showcase. Tile-like paper disguises uneven walls. Deep green cabinets, shelves, and floor unify the room and link it with the rest of the apartment (page 134). Shopping information, page 189.



Before

color to go

Furniture, fabrics, and new things for the house in House & Garden's Sky Blues and Sea Greens



1



2



3



4

JOSHUA GREENE



5



6





8



9



10

STANDART



11

1 Blue Sky watercolors wash over silk-covered banquettes, open back sofa, and ottomans, forming a fluid, flexible, living room. Blue Sky ceiling and satin throw pillows reflect the mood. All designed by Bebe Winkler for Dr. and Mrs. Rodolfo Ovano. Paul M. Jones brass side table. Bleached cedar wood coffee table from LCS. Paintings by Lala Schnee from Designer Gallery Limited. **2** Daisy-knobbed Ice Blue tureen and platter; "Celadon" by Ceralene. Watercolor Blue and Greensilver birds and flowers on scalloped-edged "Mesanges" Limoges china by Robert Haviland and C. Parlon. In the background, Persian Blue "Wincanton" fabric by Waverly from its Royal Pavilion Collection with Scotchgard finish. **3** Eggs out of the blue—a Blue Sky-based electric egg cooker, dishwasher proof, heat resistant. By National Presto. With it, the Great American Green Machine Salad Dryer with electric motor and Persian Turquoise top by American Electric, and a Pistachio Ice spray and steam iron with clear water tank by Proctor-Silex. Behind them, lotus blossoms float on a Watercolor Blue "Baroque" cotton fabric from China Seas. **4** Reef Blue and natural canvas tie-dyed on a twiggy-carved chair in a pale wood finish by Weiman/Warren Lloyd. **5** Fantasy peonies running riot over Parsons-style side chair covered in Persian Turquoise and Sky Blue cotton. By Weiman/Warren Lloyd. **6** Greensilver wing chair checked to its scalloped apron, by Harden Furniture. **7** Seafoam Green for romantics: gleaming hand-painted pillow of airbrushed wheat on silver satin by Adam for Domani Interiors; rose-leafed Carlton Ware teapot from England at Jenny B. Goode; lap-size flowered napkins and tablecloth by Bill Blass for Kemp and Beatley. Behind it all, cotton splashed with Seafoam Green and Pistachio Ice: "Prestonfield" from Ian Crawford at Eaglesham. Available with matching wallpaper. **8** World debut of electronic, cordless touch telephone in deep blue and white: "Adonis-G" by Allied Telecommunication Equipment. For tea while you talk, a metal-handled Suomi-shape porcelain teapot, sugar, and creamer in a family of greens and blues. "Concept 6" by Rosenthal. On the wall, Persian Turquoise latticed cotton "Akimbo" from S.M. Hexter. On the table, Persian Turquoise "Ming" wallpaper, available with matching fabric, from W.H.S. Lloyd. **9** Seafoam Green basket-weave cotton on a relaxing slipcover-look chair designed by John Mascheroni for Swaim. **10** Sofa covered with Greensilver love knotted fabric by Orinoka. By Century. **11** Reef Blue "Ming Jade" Adams earthenware from Wedgwood blooms amid a flowery bouquet of Greensilver "Bois de Boulogne" wallpaper and Reef Blue "Cache Pot" wallcovering, both from First Editions. This setting and numbers 2, 7, and 8 designed by David Gordon. Shopping information, page 189.

WILLIAM P. STEELE

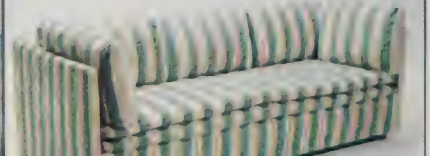












color to go

1 Blue Sky paint brings an 18th-century paneled living room into 20th-century focus in Gilbert Werlé's house. In harmony with the blue: furniture and rugs in natural earthy tones. **2** Flowers on Greensilver for a puffy-cushioned love seat by Heritage. **3** Plump-pillowed sofa Reef Blue-covered to its ball feet, by Weiman/Warren Lloyd. **4** Greensilver velvet taking a sheen to a camel-back sofa by Henredon. **5** Reef Blue chintz checkerboarding over sofa by Angelo Donghia for Kroehler. **6** Greensilver striped tuxedo sofa from Directional. **7** On an Art Deco background of Jack Lenor Larsen's Persian Turquoise, Reef Blue, and Ice Blue "Shangri-la" fabric: Watercolor Blue fluted bowl, "Celadon Chrysanthemum" by Fitz and Floyd. Reef Blue "Chateau" table at W&J Sloane. Ice Blue "Celadon Octagonal" porcelain by Ceralene on a cube of Reef Blue "Parquet" wallpaper from First Editions. Reef Blue cotton and polyester "Fresh Mint" pillowcases by Martex. **8** Carved bergère covered in Seafoam Green velvet, at W&J Sloane. Pistachio Ice crystal goblets at Carole Stupell. Greensilver and Reef Blue "Jardin Secret" chintz from Manuel Canovas. **9** Hand-painted pillows in Reef Blue and Persian Turquoise by Stephen Montgomery. Generous glass tumblers ringed in Persian Turquoise at Royal Copenhagen. Blue Sky ice trays at Hammacher Schlemmer. Behind them, Reef Blue "Rubans" wallpaper from Carta Divina. **10** Black and white and Pistachio Ice all over—a 12-inch TV by Zenith. Pistachio Ice-topped ice-cream machine at Hammacher Schlemmer. Seafoam Green Venetian goblet from Carole Stupell. Pistachio Ice "Terra Tapestry" floor tile by Franciscan Tile. All around, "Bora" fabric in Seafoam Green and Pistachio Ice by Covington, designed by Serina Mascheroni with Scotchgard finish. **11** Lead milk jug, toast rack, salt, pepper and serving bowl in Pistachio Ice by Carlton Ware. "Apple Blossoms" by Jenny B. Goode. Seafoam Green "Charmina" blanket by Utica for J.P. Stevens. All on Pistachio Ice "Orangerie" fabric from Brunschwig. Settings on this page designed by David Gordon. For shopping information, turn to page 189.




8


9


10


11

By Claire Schoen

color it talks

Let it tell you how to simplify your life



"Color speaks a universal language that everyone understands," says Faber Birren, color consultant and one of the original developers of the National Safety Color Code. "People respond to colors first, symbols second. We once ran a test to prove this: We let hundreds of people drive by a stop sign that was painted red but spelled "TOPS." Everyone stopped, but only two people noticed the misspelling."

If you take a look at the world around you, you'll probably discover many aspects of your life that are "color-coded." For instance, garage parking lots use different colors to identify sections, office buildings are often color-coded by floor, and fast-food restaurants have adopted a code of bright colors that stimulate hunger and movement.

Professional organizers, people who advise you about the best way to organize at home or at the office, have realized the advantages of color-coding and are using it more frequently—and successfully. "It's a great insurance against misfiling," says Stella McBride, who has been color-coding homes and offices for four years. "It becomes an imprinted memory device so that you don't think any more, you respond to color." Adds Maxine Ordesky, another professional organizer: "It's a great way to give a sense of unity and order to any group."

Color-coding can take anywhere from one hour to several months to accomplish successfully, and can cost from $25 for consultation to $200 per day. Maggie Cadman, an organizer who uses color most of the time, once had to organize a library of 500 cookbooks by color. "It took a full week to code. Since the library shelves could not be repainted, I used colored stickers on the books and organized them by categories—French cookbooks, vegetarian cookbooks, casserole cookbooks, and so on. It took me a week, but it took the client a few weeks to learn the key that we had developed for the code."

"When I sit down with my clients," says Ms. Cadman, "we first throw out everything that's not needed. Often that's the hardest part. Then we decide on a color system that will work best for the individual client. Color-coding is not always the answer, although I use it most of the time as a means of organization. When we've decided on the system and color, we then apply the colors to the files or closets and make a color key that will explain the system."

Ms. McBride also stresses the individual approach. "One of the first things I ask a client is 'What's your favorite color?' If I

color code

CHILDREN'S ROOMS:

Teach children to put toys back in the proper storage places through color-coding. All toys in blue box, books on red shelf, etc. Clothes drawers can also be painted different colors, or you can color just the drawer handles. Colored plastic cubes, with drawers or dividers, are great for storage in children's rooms.

If you have several children, let them each choose a color that becomes 'theirs.' Use this color to mark appointments on the calendar—red pen for one child, blue for another. You can extend this to many other parts of the house—give each child different colored linens, hang colored hooks in the back hall for coats and hats, sew colored thread in white clothes to help you sort laundry. You can even get different colored notebooks for children to take to school.

Color can also be used for safety around the house. Use orange for things children should avoid—electrical outlets, exposed pipes, matches. Blue can be used to mark those things that they are allowed to use only when supervised or given permission—kitchen appliances, tools in the workshop, etc. And red is a good 'fire protection' color—let children know that the fire extinguisher is red, that their fire escape route is marked with a piece of red tape or paint on the window, and that the number for the fire department is written clearly in red on the underside of the phone. Lastly, yellow is a good safety color to mark tricky steps for children (or low ceilings for adults).

find that the person I'm working with has a sensitive eye for color, I can do an entire room in a monochromatic scheme—with variations of that color. That's how I've also worked successfully with color-blind clients. Often, they can distinguish between shades of colors—darks and lights—so we establish a system with a range of color shades."

The number of colors used in a color organizing system varies according to individual needs and taste. "Use as many colors as you feel are necessary," says Ms. Cadman. "If you have two basic categories to classify, two colors will do." In retailing, however, architect Ken White has found that uneven numbers are most effective. "If you have red and green, you're indicating a stop/go, either/or situation. Add yellow and you've introduced a 'maybe.' I've found that five or seven colors work best. You need at least three, and more than nine becomes confusing." Maxine Ordesky found that three was the magic number for one client, a secretary with three bosses. The solution: Assign a color for each boss, and use that color everywhere, from files to phone messages!

The organization of space is also important and can enhance the success of your color-coding system. Ms. Ordesky feels that the items which are used most frequently should be put at eye level or slightly above, "because your eye will respond immediately to the color association with those objects. Least-used materials can be stored at a lower level." Architect Ken White also uses the organization of space to complement color-coding. "I think of an area in terms of a cube rather than a square. If all colors were on one plane, at floor level, it would be much harder to find what you're looking for. In a bookstore, we set up three different levels, through raised platforms, treating each one in a different color family."

Where should you start your own color-coding? "Probably in the home office/library," says Ms. McBride. "But first ask yourself, 'What's bothering me? Is it that I can't ever find the right recipes, or that the bills are not in order, or that I can't locate old magazines?' Next, choose the colors you wish to work with and buy some small labels (or files) at your local stationery store. Commercial labels now come in twelve different colors, and file folders in at least seven (as in House & Garden's Idea Box, see Ingenious Ways to Make Your Life Easier). Categorize the material and apply one color to

Continued on page 189

color it safe

Because color is a language quickly learned, various codes have been developed over the years for safety purposes. In 1970, the U.S. Congress adopted a National Safety Color Code. Some of its applications may suggest useful adaptions in your house:

RED: for fire-fighting equipment, fire protection, alarm boxes, extinguishers, sprinkler lines; as a signal for "stop."

ORANGE: for acute hazards such as exposed hot pipes, machinery, sharp cutting edges, electric wires or rails. In boating, a bright "dayglow" orange is internationally recognized for use on all life-saving equipment.

YELLOW: to mark pipes containing hazardous gases and liquids; with a greenish tint to mark highway and road equipment and vehicles used in heavy industry; as a signal for "caution"; and, in boating, a yellow flag stands for the letter Q and indicates a boat is sailing in foreign waters and wishes to clear customs.

YELLOW AND BLACK STRIPES: to mark stumbling hazards or obstructions,

Continued on page 189

round the house

CLOSETS:

Clothes closets are ideal for color coding. You can cut down on time spent wondering "what have I got to wear?" if all your blues are together, all browns, all plaids. This means everything—blouses, skirts, shoes, accessories—both in closets and drawers.

In storage closets, boxes and shelves can be separate colors, or you can paint the entire inside of one cabinet one color. Green for gardening, orange for electrical materials, brown for sporting goods, etc. A home workshop can be organized this way—nails and tacks one color, cutting materials another, measuring instruments a third color, and so on.

If you're moving, color-coding can be invaluable. Mark boxes with small colored tags according to where they belong—blue boxes for downstairs books, yellow boxes for linens, green for kitchen items. Not only will it make the move easier, but unpacking will be a breeze!

Seasonal items that are in storage most of the year can be kept in colored boxes also. Store Christmas ornaments in green and red; summer clothes in yellow boxes, winter blankets in blue ones.

KITCHEN/DINING ROOM:

Recipes are often the first place to start. If you keep them in files, organize the files by color-coding. If not, you can color-code cookbooks by attaching labels right on the page. Choose a color for current recipes, one for party snacks, children's favorites, low-cost menus, holiday meals, etc. Set up a system that fits your needs.

Kitchen cabinet shelves can be color-organized quite easily: Group china and dishes by color, or homemade jams and jellies, flour and sugar jars, etc. Use color on the shelves or cabinet doors or paint the insides of cabinets to identify what's there. Color is also a good way to label home-canned goods and other items that are often hard to identify.

In the freezer, set up a code to help organize wrapped goods. Pick a color for meats, one for casseroles, one for individual servings. Or you can label foods with colors that represent months, to indicate how long something has been there.

In the dining room, store table settings by color, plus candles, vases, centerpieces.

LINEN/BATH:

"If you have bathrooms of different colors in the house, organize the shelves of the linen closet with those colors," suggests Mario Buatta.

LIBRARY/OFFICE:

If you have a home filing system, it can be organized by colored files or labels. Bookshelves can also be color-coded by category.

One client of Ms. McBride's found that she had saved her tax accountant a great deal of time (and thus saved herself a lot of money) by presenting him with color-coded receipts in categories for her tax returns! The same can be done on a day-to-day basis with your checkbook— put colored dots by those items that are strictly personal expenditures, business expenses, tax deductions, and so on. Or, buy different colored checks. Remember, organization with color has one aim: to make life easier for you!

GARDEN:

"The obvious place to start is in the tool shed," says James Fanning. "You can buy tools with different colored handles, or paint them yourself. Use bright colors, as they'll stand out in the garden. Color is also a good way to identify liquid sprayers and containers so you won't confuse plain water with plant food, for example."

In the garden, Mr. Fanning suggests using colored stakes to mark planting areas—perennials, annuals, herbs, bulbs, and vegetables. When planting, remember that a strong background of green will bring out other colors in the garden. Whites are also good for added contrast. And, between garden sections, colored pathways—brick and gravel for example—can be used to further identify each area.

LIVING ROOM/DEN:

Records can be kept in order with color. If your collection is like many families', you'll need a color for rock, one for classical, one for jazz, and perhaps another for popular music. Magazines can also be sorted by category—news magazines, entertainment magazines, magazines for the home. Large plastic cubes in different colors are a convenient way to store and code at the same time.

Using color to identify objects can also

Continued on page 188



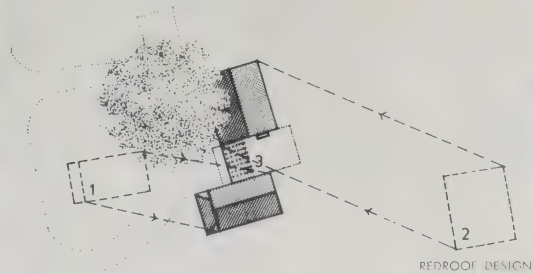




Architecture by collage:
How an old cow barn,
a cobbler's cottage,a greenhouse,
and a collection of recycled
treasures became

a house with pioneering spirit

Who would have thought that two buildings, with nothing in common but a shared piece of ground, could be brought together to become a fascinating new house—contemporary, livable, and still in sympathy with its New England neighbors? It took vision and courage to move the turn-of-the-century cow barn and the 19th-century cobbler's cottage to frame an old maple tree, *see plan below*, and link them with a new prefabricated greenhouse. But it was architectural insight and a lot of hard work that transformed the two recycled structures into the house you see here. Rio Raikes and Joe Speranza of Roxbury Contractors, who make a career of turning uninhabitable buildings into living spaces, searched for materials that "while not necessarily historically correct, would enhance the spirit of the space." They did most of the work themselves with the guidance of the architects of Redroof Design, whose help they sought after seeing the Super Bath Redroof designed for House & Garden (February, 1977). The house is a collage of materials, each with its own history—French doors from an old Massachusetts mansion, cobblestones for the court from New York City's old Westside Highway, and the same wood flooring for the cobbler's shop that went to the George Washington rooms in the American Museum at Bath. But the design is the product of a creative collaboration, and this house was a team effort: Says Redroof's Yann Weymouth, "for good architecture, you need good clients."



REDROOF DESIGN

1. Original cobbler's shop location. **2.** Original barn location. **3.** New prefabricated greenhouse. Building facts, page 191.

FELICIANO



Far left: French doors frame the view from the barn. Original windows, placed low so cows could see out, are by happy coincidence at the perfect height for seated humans. *Top:* Roxbury Contractors studying the blueprints. *Above:* Cobbler's shop—before.



With dextrous planning, the cottage comfortably shelters three bedrooms and two bathrooms







A house with pioneering spirit

Top: The old cobbler's shop, now restored, as you see it from the street. *Center:* The original door of the cobbler's shop opens to the master bedroom. Inside, a new floor of white oak planks. *Above:* In the new master bath, old fixtures from New York City's Hotel Pierre.



The most striking new element—the prefabricated greenhouse—at once links and separates the cobbler's shop from the barn, providing a plant-filled transition between the barn's expansive living, dining, cooking, and entertaining space and the bedrooms and baths of the intimate little cottage. To have fit three comfortable bedrooms and two baths into the shop's 896 square feet, "Yann Weymouth of Redroof Design had to exercise some architectural wizardry," Rio Raikes says. He did it by creating a second level in what was originally the attic space. Now the master bedroom and bath, *far left,* are at field level, and two more bedrooms and a bath are reached by a space-saving spiral staircase. And though the interior space was gutted and redesigned, existing windows, doors, and porch were retained to keep the shop's original façade. Inside, floors were left bare and furniture kept to a minimum to make the small rooms seem uncrowded and serene.

Breezeway with a difference, the greenhouse makes a weatherproof garden path between barn and cottage

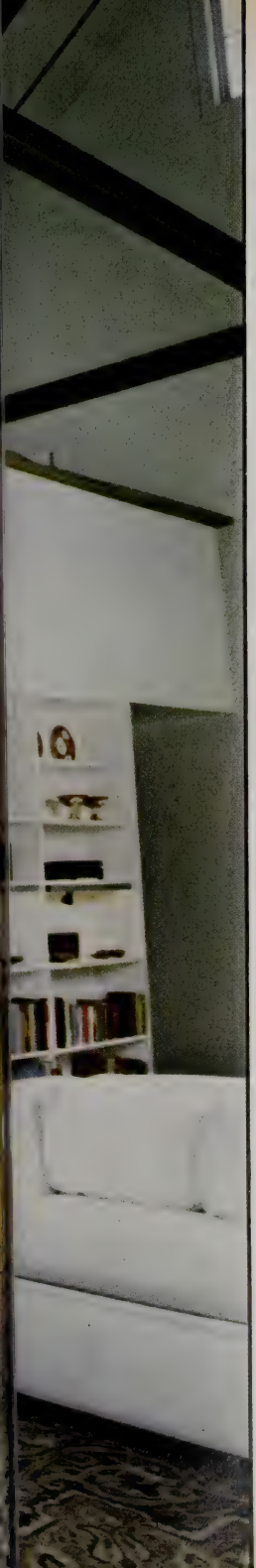
Above: From the outside, the three units—barn, shop, and greenhouse—now brought together, still retain their individual characters. The barn has its weathered siding, while the cobbler's shop continues to present its original clapboard face. *Left:* Looking from the cottage, the glass and aluminum greenhouse-link frames the barn's façade; the greenhouse is like an open-air corridor, but protected in any weather.

FELICIANO



A house with pioneering spirit

Left: The loft unit, with stairs that climb up and storage wall built below, is painted glossy white in contrast to the light taupe matte finish used on the barn's original walls. This emphasizes that it is a new element in the old shell. The unit serves to separate the kitchen from the rest of the room. Paintings here and in the loft and kitchen by Susan Hoquet.
Top: The loft, while open to the room below, is still a private place. It's furnished with only what is necessary to enjoy a book, music, or a nap. Reading lamp that is Redroof's own design stands alongside a chaise upholstered in white velvet.
Right: In the galley kitchen behind the new storage wall: open shelves above a white pine counter, up-to-date dishwasher and refrigerator, and the surprise of an antique stove in perfect working order, salvaged from an old Park Avenue house.
For building facts, see page 191.







At the heart of the barn's open living-dining space: a reshaped hayloft

"Whenever you use something for an unexpected purpose, you get some serendipitous surprises," Yann Weymouth says. In the barn, for instance, the old loft, once used to pitch hay down to the cows, was raised and cut to a quarter of its original width to become a serene retreat, *top.* The new storage wall, *left,* extends down from the loft and separates the kitchen from the dining area. But to make the most of the barn's abundant space, the rest is left open, with the four rectangles formed by the original chestnut beams organizing the space into areas for entry and staircase, living, kitchen, and dining. Some elegant old furniture and an 18th-century hibachi, whose copper lining now holds flowers, add new comfort to the old barn.

FELICIANO

GARDEN GEOMETRY-2 EASY WAYS TO GROW





The garden circle

Simplified watering, a room-size tomato screenhouse, and other gardener-liberating ideas that can make your vegetables and flowers thrive

In a sunny clearing in the woods, a circular garden is enclosed by flowers, a post and rail fence, and an inner ring of mixed flowers and vegetables. Generous grass paths surround and separate two half-circle picking and cutting gardens, one with a walk-in screenhouse to protect crops from birds. Wide gates at the front and back of the circle provide access for a rider-mower. For the easy watering idea and more, turn the page.

MARINA SCHINZ

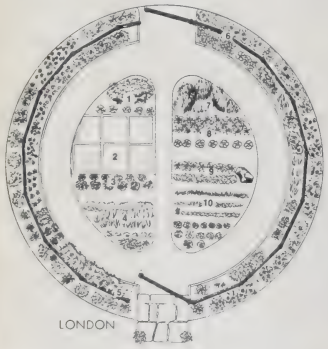




MARINA SCHINZ

The garden circle has a revolving sprinkler set to water this garden's exact circumference. A tall pipe, propped by a homemade tripod, lifts rainbow arcs above a center faucet.

"I decided on a round garden for esthetic reasons and for practicality," says Edwin Eberman, *above right*. An artist by profession and an experimenter by inclination, he wanted space to grow enough vegetables and flowers for family and friends. He and his wife also give huge bouquets to a nearby nursing center twice a week. Easy watering was a must, so garden size matches range of a revolving Rainbird sprinkler. Set near the center and turned on once a week for 12-14 hours, it provides the equivalent of an inch of rain—just what most vegetables need. When not in use, it can be moved aside. To keep soil in good condition, a top-dressing of leaves from the surrounding woods is added each autumn. "I don't worry about compost-turning," Mr. Eberman says. "Nature does the job if you keep several piles going and give them enough time." Before spring planting, this leaf mold is turned into the earth along with dry cow manure and a commercial fertilizer, Rapid-Gro. During hot Connecticut summers, leaf mold is used as a mulch around the roots to keep weeds out and moisture in. To protect the garden from animals, wire mesh tacked to the rails of the fence continues 8 inches below ground. Because birds were knocking peppers off their stems and pecking at tomatoes, Mr. Eberman built a wire cage over part of the garden. To foil tunneling moles, he grows Euphorbia Lathyris. "It seeds itself like a weed but is easy to pull out, and really works." (See page 216.) And one more tip on big-garden care: "I'm inclined to want to grow what grows easily."



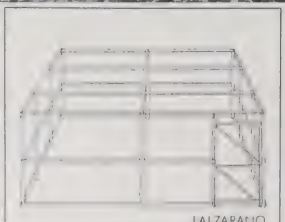
LONDON

Plan of garden, 100 feet wide; semicircles have curved corners for easy mowing. **1.** *Pole beans, gladiolas.* **2.** *Tomatoes, peppers (next summer, cage will hold blueberries, too).* **3.** *Marigolds, New Zealand spinach.* **4.** *Fennel, leeks, parsley.* **5.** *Peonies, zinnias, marigolds, coleus.* **6.** *Cucumbers, zucchini.* **7.** *Asparagus.* **8.** *Cauliflower, Brussels sprouts.* **9.** *Eggplant, lettuce.* **10.** *Bush beans, fennel, marigolds.*

Above: *Mole plant (Euphorbia Lathyris).*

Right: *Screenhouse 20 by 30 feet, 8½ feet high, of cedar posts from adjoining woods, pine 2-by-4s, chicken wire.*





SALZARULO

Gardening by the square foot

Every inch counts in a high-yield vegetable garden with squash towers, a three-level sun-box, other inventions that make the growing easy

Here's a no-nonsense garden where every bit of space and ingenuity goes into raising vegetables—more and better. They grow in every direction: squashes up stakes, tomatoes over arbors, and lettuces in neat no-row checkerboard squares. Soil rich with manure and leaf mold allows rapid-succession planting, and stays loose thanks to plank paths. Careful single-seed sowing packs a lot of plants into every plot. An ingenious multilevel portable sun box can fit over garden patches to protect spring seedlings and cool-growing fall crops. And unlike the conventional cold frame with angled sides, it turns full face to the sun propped on angled ground. Another experiment—pre-punched carpet tile mulch—fits snugly around growing stems, *above*, acting as a barrier to hungry bugs. Many of these ingenious ideas are brought together in owner/engineer Mel Bartholomew's Green Machine, a kit for a 12-vegetable garden. More details on page 216.





EDWARD OLEKSAK



Above: *The square-foot garden is 18 feet square of enriched Long Island soil divided into 2-foot sections cultivated from April to Thanksgiving. There are 15 different vegetables; among them asparagus, eggplant, squashes, and five kinds of lettuces—all grown from seed. Mel Bartholomew,* left, *marks furrows (a favorite rake fits each patch perfectly), sets down a ruler and sows seeds at recommended spacing. Exception: Spring vegetables like carrots, radishes, lettuces are sown twice as thickly; every other one is harvested young, leaving room for neighbors to grow big and beautiful.*



Green Machine: *Complete vegetable patch to order.*



Sun box: *Cold frame to make, set on a slant*



Towering squash: *With a metal fence post and string, grow sprawling vegetables vertically. Saves space, increases yields, and makes harvesting extra-easy.*

NEEDLE CRAFT

D.I.Y.

Flowers in stitches

Whether you love to embroider, or would love to try, here's a wonderful project: placemats and napkins, stamped with a wild-flower design, and packed in kits with needles, instructions, and a rainbow of cotton floss. You simply outline the design and fill in the spaces using 4 elementary stitches. Leaves and flowers are worked in straight stitch (as easy as the name implies), and some of the flowers have French-knot centers. Finish off with stem-stitched stalks, *left*, and border. "Bring the design along gradually, varying the length and angle of your stitches, to create a subtle shading," says needlework expert Erica Wilson, who designed the kits for Columbia Minerva. The finished placemats and napkins, *below*, of no-iron cotton/polyester, are practical enough to use every day.

ERICA WILSON'S EMBROIDERY TIPS

- **For clean edges, outline each leaf or blossom with split stitch. To fill in, stitch over the outline.**
- **Stitch underlying areas of the design first (a stem under a blossom, for example). Carry stitching into areas that will later be overstitched, so the completed design flows together, instead of stopping short.**
- **If you use a frame (the best way to keep stitches even), you can use several needles, threaded with different colors, like artists' brushes, "painting in" a little of one color, then another.**



*Do It Yourself

EDWARD OLEXIAK

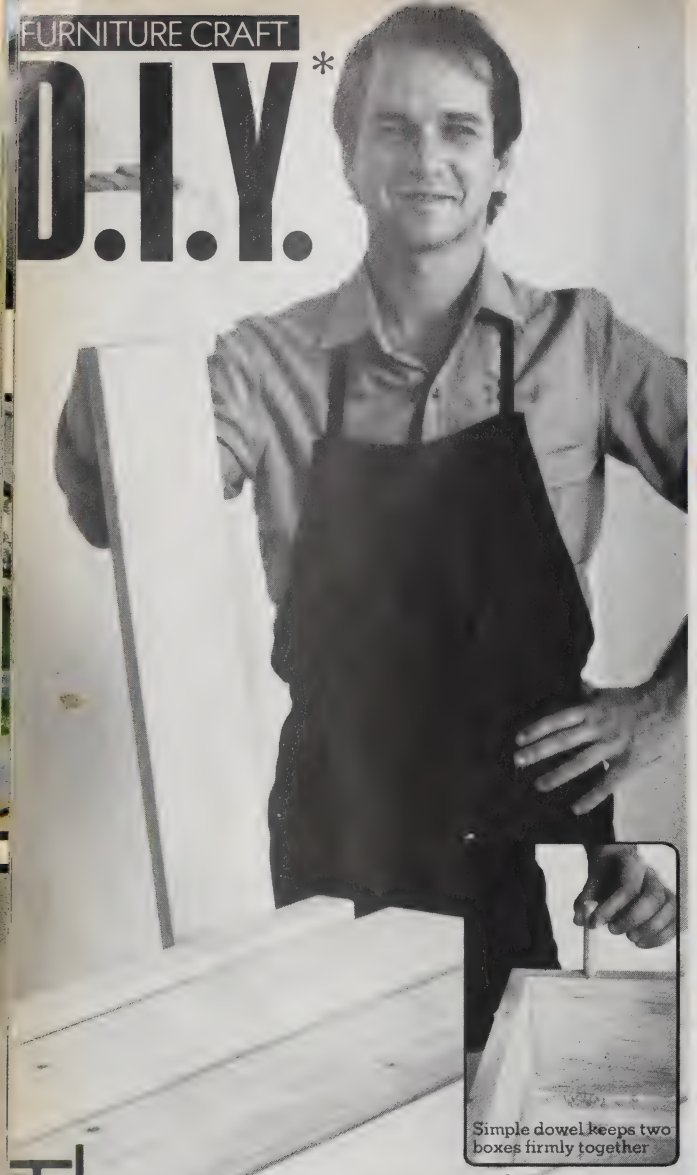




A bouquet of spring flowers in easy new placemat and napkin embroidery kits that can keep flowers on your table all year

Above and left: A backyard lunch becomes a garden party when a simple picnic table is set with embroidered placemats and napkins. Hand-stitched buttercups, clover, blue columbine, and tiny violas are particularly pretty with wild flowers and hovering dragonflies on these hand-painted pottery plates, or use solid color or clear glass plates. Chairs at Design Research. Plates by Longchamp. Buccellati silver. Shopping facts, page 189.

D.I.Y.*



Simple dowel keeps two boxes firmly together

The magic module

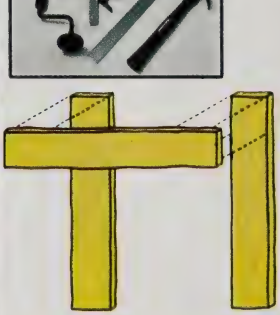
An easy-to-build box and backrest you stack and restack to create terrific looking chairs, tables, and sofas

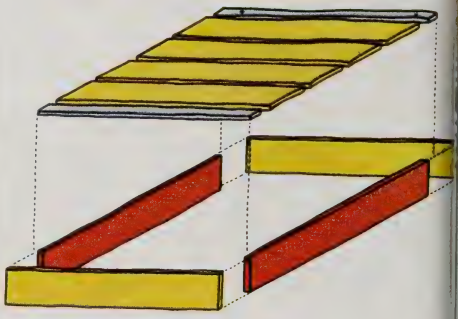
*Do It Yourself



With 10 pieces of wood and 1 hour or so of your time, you can build a box that can go a long way to furnishing a whole room. Two boxes plus a 3-plank backrest make a seat unit. Units can be assembled to make sofas, chaises, love seats. Without cushions, boxes stack into tables and planters. The magic module, designed by Peter Stamberg, also turns into a sleeping platform. How-to, page 54.

1-by-6 inch lumber for module plus tools

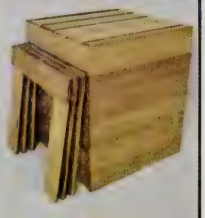






Right: 10 boxes make an L-shaped unit, 8 for two love seats, two for a cocktail table. Cushions covered with "Fresh Mist" sheets by Martex. Red lacquer table by Paul Jones. Striped rug, Coury Rug America Hurricane quilt. Room design, Harrison Cul

How does it stack up?

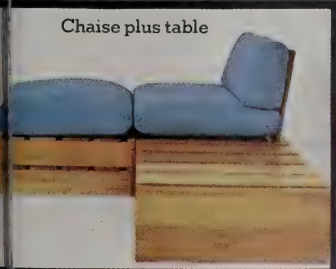


Left: 6 boxes, and 3 backrests that add up to the variations across the page. Cushions covered in linen and cotton fabric by Schumacher. Shopping information, page 189.

WILLIAM P. STEELE

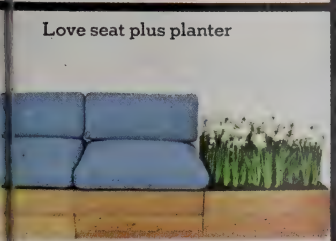
Conversation corner — 10 boxes equal two love seats linked by a table

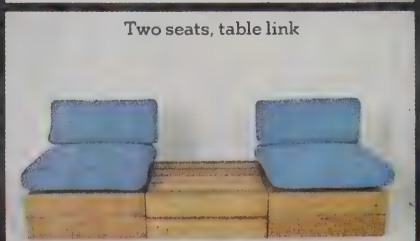
6-box exercises: How many other ways can you arrange them?

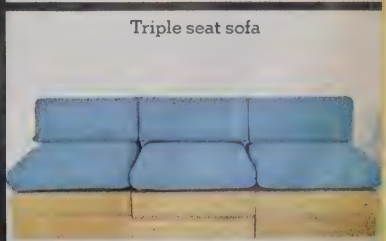

Chaise plus table


Two chairs and coffee table


L-shape seating angle


Love seat plus planter


Two seats, table link


Triple seat sofa

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MEAL IN MINUTES

MENU
Ham with Madeira sauce
Turnip purée
Citrus sections with crystallized ginger

For an any-season, almost any-occasion menu that offers appealing flavor and texture contrasts, try this suggestion from Julie Dannenbaum, who has taught cooking all over the world and directs Creative Cooking, Inc. in Philadelphia—sliced ham with a shallot-studded Madeira sauce, a satiny, pale turnip purée, and a lively dessert of ginger-and-brandy-laced fruit. The year-round ingredients can be prepared in under 45 minutes; add another slice of ham, a few more turnips, and an extra grapefruit, and this dinner for 4 works easily for 6 or 8.

While the turnips cook (they should be done in about 25 minutes), peel and section the oranges and grapefruit, sprinkle with ginger, and let the dessert chill, covered, in the refrigerator. Cook the ham gently on both sides, then remove to a platter, cover with foil, and keep it warm in the oven. Drain the turnips, shake the pan over high heat a minute to evaporate any moisture, then purée. Beat the butter into the purée and season to taste. Sauté the shallots briefly in the skillet you cooked the ham in, then reduce the Madeira and cream, in stages, for the sauce. Spoon the turnip purée into a warmed serving bowl, cut the slice into "fingers," and nap the ham with the sauce. Don't forget to stir a sprinkling of cognac or ginger brandy into the fruit when you're ready for dessert.

Ham with Madeira sauce

INGREDIENTS

3 tablespoons butter
1 large slice well-flavored, precooked ham, 1½ inches thick
3 tablespoons shallots, finely chopped
1 tablespoon tarragon
6 tablespoons dry Madeira
½ cup heavy cream
Salt, freshly cracked black pepper

METHOD

☐ Melt 2 tablespoons butter in a large skillet and when the foam subsides, put in the slice of ham. Cook slowly 3-4 minutes, then turn and cook the other side 3-4 minutes. Remove ham from the pan and keep warm.

☐ Put the shallots into the skillet and sauté 2 minutes—do not brown. Add the tarragon and Madeira to the pan and cook over moderate heat, stirring, until reduced by half. Add cream and continue to reduce by half. The sauce should coat a spoon. Season with pepper and a little salt, if needed (ham may be salty). Swirl in 1 tablespoon soft butter. Carve the ham slice into thin finger slices and pour the sauce over the ham. Serves 4.

Turnip purée

INGREDIENTS

3 large yellow turnips or 6 medium white turnips, peeled and cut into chunks
Salt, freshly cracked black pepper
4 tablespoons butter, softened
Heavy or sour cream, if necessary

METHOD

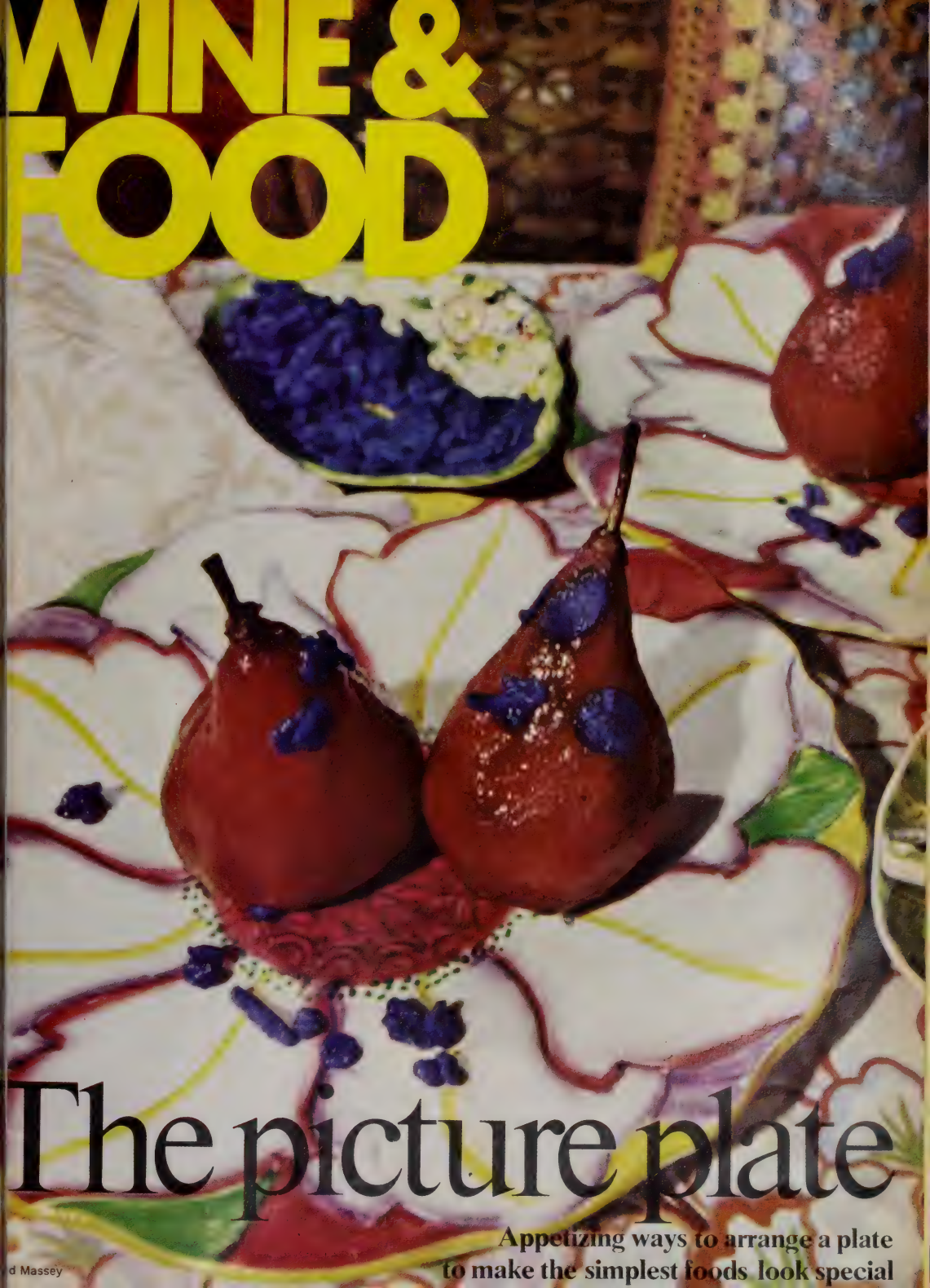
☐ Place the turnips into a kettle and cover with salted water. Bring to a boil, cover, and simmer until tender. This will usually take 20-30 minutes. Drain the turnips well, place back in the pan, and shake over high heat so excess moisture evaporates.

☐ Put turnips in food processor fitted with the steel blade and purée, or put them through

Continued on page 185

Opposite page: Fruit juices and red wine give Tricia Guild's (see page 128) poached pears a deep, luscious color. Serve them sprinkled with candied violets and a yogurt-crème fraîche-strawberry sauce. Recipes, page 186.

WINE & FOOD



The picture plate

Appetizing ways to arrange a plate to make the simplest foods look special

d Massey

HOW CAN ANYTHING NAMED AFTER MANHATTAN BE AS GUTSY, SWINGING AND ALIVE?



TRY IT...ALL THE LIQUOR'S IN IT. THE HEUBLEIN MANHATTAN.

Heublein Manhattan 55 Proof. ©1977 Heublein, Inc., Hartford, Conn 06101.

WINE & FOOD This month: The art of plate arrangement, how it affects size of plates and service; ideas and recipes from good cooks and chefs; plus a personal introduction to wine—buying, storing, serving

Why the picture plate?

An old French maxim states: *'l' appetit vient en mangeant.'* (Appetite comes while eating.) What better way to appeal to the palate than first through the eye? "People are now using the same language and involvement with food that has been associated with wine—inspecting it for color, bouquet, and taste. *Using all the senses* to heighten the experience," says Dr. Freda Adler, a New York sociologist, who because of her husband's job at the United Nations entertains often. "For a beautiful plate you should have the proper environment. Eating is association of times and places, and part of the experience is the table setting, sitting down with proper lighting (candles), and quiet music. You should eat quietly and slowly so that all the senses become involved."

Garnishing used to mean an added something on the plate to provide a color contrast. No more—now the design of the plate is an integral part of the recipe. Arranging the components creates the design—sauces go underneath the food or around the edges of the plates, purées are coarser to show texture, or turned into molded mousses, vegetables are cut into matchsticks or olive shapes and served in pastry boats, artichoke bottoms, or arranged one by one like spokes in a wheel, perhaps. Even cooking techniques give thought to the look of the finished dish—vegetables are quickly blanched to retain color and texture, pâtés and terrines are layered, and some ingredients are left whole to add shape, identity, and color.

The large, 12-inch plates are the ones most often used by restaurant chefs like Michel Guérard, but the same effect can be achieved with smaller plates—just serve less. It's a good everyday method of portion control! Also experiment with which foods will look best on which plates—black can be as basic as white; azure blue and yellow set off greens wonderfully; all-over patterned plates give interest to plain poached fruits, puddings, omelets, and quiches; bordered plates with a central white space are favorites of the French masters of the picture plate, Guérard and the Troisgros.

KAREN RADKAI



Jean-Claude Nedelec of Glorious Food

Jean Troisgros recalls that it was about 16 years ago at a spectacular pot-au-feu dinner in honor of the imaginary literary figure, Dodin-Bouffant, that the Troisgros first used the large plate. A merchant had come in with the plates and the Troisgros immediately recognized that they were perfect for this meal of many courses and practical, too, for a whole fish which on another plate would hang over the edges. The plate also worked well for their now-famous salmon in sorrel sauce in which the salmon escalope is pounded flat between sheets of wax paper. Since the escalope turns out quite large, it fits the plate perfectly.

"I look at cookbooks for the photographs," says Christopher Idone (page 173). One he might look at, *The Nouvelle Cuisine of Jean and Pierre Troisgros* (William Morrow) is full of ideas like the ones on page 173. Michael Guérard's two books, *Cuisine Minceur* and *Cuisine Gourmande*, likewise provide inspiration in their pictures and the recipes usually describe the chef's preferred presentation.

"I like to put a visual stamp on the things I cook. I want people to say 'that looks like something Judith would cook,'" says Judith Olney (see next page). "You can be as original with food as you are with your decorating or clothing. I have some trademark dishes—everyone should have some—the butter rose is one (see January, 1979 Wine & Food), the shaped vegetables might reappear in another dish (see next page). You don't always have to think of entirely new ways to present things, but reuse certain successful ones until they become trademarks.

"In the old days, it would have been unheard of to serve plates from the kitchen. In today's world of tiny spaces and relaxed entertaining, it often proves to be the easiest, the most efficient, the most graceful—and therefore the *best*—way in which to do it." (From *The Amy Vanderbilt Complete Book of Etiquette*, Doubleday, 1978.) The practical bonus—no unwieldy platters to find space for; and surprise—your guests are treated to a visual delight even before they taste.

The frame makes a difference! Imagine sitting at a dinner table—which plate would you prefer to be served? "The large plate is particularly suitable to creating an instant impression to surprise and delight the guest," says Judith Olney, the author of *Summer Food* (Atheneum). "Lots of food is golden brown and white. You need something to counterbalance those colors, something bright and colorful. And you have to think about symmetry within the plate, how the food will balance." On the largest plate, the three separate portions space out evenly around a small cup of tomato sauce. When the same portions are placed on the dinner plate, the rice serves as the sauce holder. On the smallest plate, all white space is lost and the portions crowd together in an attempt not to fall off the edges! The menu leans on Chinese ideas given a Provençal flavor with herbs, garlic, and olive oil. "I go through a catechism when developing a menu: What is the texture—crunchy, firm, soft or hard; is the food juicy or dry; is the plan colorful or

Believe it or not: The same amount of food

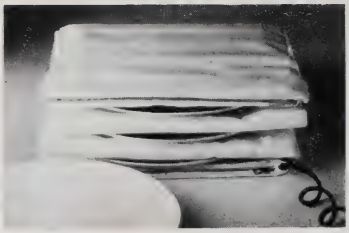


Judith Olney, *above*, and the three arranged plates she created, *below*. Porcelain plates by Villeroy & Boch.











ROGER BESTER

Problem solvers: Equipment made for easy serving

How to keep it hot—use a buffet serving cart with built-in Salton Hotray to roll dinner right from the kitchen to the table. Plates can be warmed in a low oven or in the dry cycle of the dishwasher, but if both are occupied with various pots, an electric plate cozy will heat ten 12-inch plates. Two more Salton Hotrays for the buffet or to keep things on the kitchen counter hot. For shopping information, please turn to page 189.

Picture plate how-to

ıonochromatic?" The chicken lollipops are ne joint of the wing with the meat scraped own the bone and inverted over a stuffing, ıen dipped in batter and deep-fried for runch. "You might see a carrot flower in a hinese dish. Think about lifting out that lea, combining it with other decoratively ıt vegetables, then translate the cooking ıethod from stir fry to sauté." Rice carries ıt the Chinese theme but is cooked in saf- on water for color. The dipping sauce is mato instead of soy. Recipes, page 178.

ɔn all three plates



culpture for dinner?

ı Arp's "Forms Placed According to Laws of Chance" (1929)



"Simple recipes can be as beautifully presented on a plate as the more involved ones," says Christopher Idone, who with partner Sean Driscoll and chef Jean-Claude Nedelec form Glorious Food, New York's independently modern catering firm. Fewer elements on a plate create less confusion and easier arrangements — a less-is-more approach followed at Glorious Food. "We don't make rich desserts anymore" — perhaps a crème Anglaise over fruit,

Three simple dishes equal an unforgettable meal

but more often they serve lightly poached fruits like the pear (*right*) or fruit sorbets. "The duck could be very intricate—needing boning, stocks, and such—but I made it as simple as possible. The spinach looks crisp and fresh, but the heat of the duck and juices will wilt it so that when eaten, it will be very tender." Mr. Idone once had a bass marinated in cognac and ground cloves at Le Duc fish restaurant in Paris; "I talk to them often about ideas and recipes because they are so good with fish. I experimented with the cloves and many fish until I tried it with the scallops. The whole recipe doesn't take 5 minutes to do." The foods are presented against basic, neutral backgrounds. Mr. Idone favors white (even the catering kitchen is all white tile, counters, and shelves) in table linens and plates with creamy beige linen or a soft mauve thrown in for contrast. Table decorations are found on walks at the beach or in the woods. "To create a total eating experience, it helps to design the environment in which food will be placed." Recipes, page 178.



Christopher Idone, *left*, and Jean-Claude Nedelec, *right*, of Glorious Food.

Below, top to bottom: **Bc scallops sautéed with a accent of ground cloves. Duck breast, cooked to perfect pinkness, and served hot on raw spinach with lime sections and blanched lemon zest. Poached pears served with raspberry purée sauce. Sterling flatware at James Robinson.**



KAREN RADKAI

Picture plates French style







"Today, the large plate is used like a framed canvas to paint a food picture"

Jean-Jacques Jouteux

Inventive food and the equally inventive way it is served in his small Montmartre restaurant, Les Semailles, have made Jean-Jacques Jouteux one of the most talked about young chefs in France. His graphic presentations would seem to be inspired by modern paintings, but the scholarly Jouteux feels that he is "working in the spirit of the old master chefs" and that their ideas influence him most.

Right, top: **Saucisson de poissons printanier: cucumber circles stuffed with fish mousse on a bed of tomato sauce.** ***Center:*** **Terrine de poissons fumés au caviar: terrine of smoked salmon and smoked sturgeon dressed with green lemon slices and chives.** ***Bottom:*** **St. Pierre aux betteraves rouges: steamed John Dory with bicolored mousse of red beet and white cabbage with a light sauce of lemon and crème fraîche. Recipes, page 184.**





"The goal is having the tastes you want make up into the look you want"

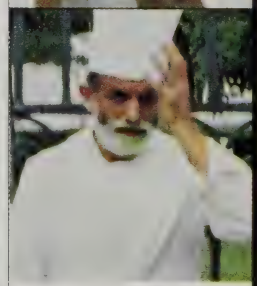
Denys Gent

At Le Clodenis, one of the finest small restaurants in Paris, the menu heading, "suggestions and creations following the rhythm of the seasons," indicates its 29-year-old chef's concern with freshness and simplicity. "Many of the dishes are so simple," says Denys Gentès, "that you get only the natural flavor of the ingredients—fish, for example, is cooked 6 or 7 minutes over seasoned court-bouillon for maximum flavor. But looks count. So I am concerned with shapes, sizes, colors. Care in placing vegetables and sauces makes the final presentation pleasing."

Right, top: **La mousseline de poisson coraillée aux deux buerres: fish mousse with red and yellow butter sauces.** ***Center:*** **Le filet de St. Pierre vapeur: steamed fillet of John Dory served with a purée of tomatoes with ginger and a purée of sweet onions.** ***Bottom:*** **Les trois mousses variées: tomato, salmon, cucumber. Recipes, page 192.**









"The visual celebration of food is, as much as its taste, the responsibility of the chef"

Jean and Pierre Troisgros

Innovators in their jubilant way of dressing a plate, the brothers Troisgros were among the originators of *Nouvelle Cuisine*. "It is not a codified system as is the classic French cuisine, but a free and creative expression." An expression that may draw on the cooking of other cultures—Japan, in the case of the Troisgros. Jean studied food preparation in Osaka; Pierre opened Maxim's in Tokyo. Intrigued with what they saw, they have adapted some of the techniques in dishes that come from the 3-star Les Frères Troisgros in Roanne, and their book *La Nouvelle Cuisine de Jean and Pierre Troisgros*.









Right, top: **Jambon de Roanne en rubanné: vegetable serpentines on ham with butter sauce.** ***Center:*** **Le grand dessert Troisgros: seasonal fruits with raspberry sauce** ***Bottom:*** **Canette aux baies de cassis: duck with black currants. Recipes.**

GOOD SPIRITS

A cellar of friends

Wines you can count on and how to get to know them—an expert's advice

By Michael Buller

EDITOR'S NOTE: Michael Buller has been a part of the wine business since 1964, first in France and then as a wine educator traveling the country for the Bordeaux Wine Information Bureau, as a wine writer for several magazines, and as a consumer. He is now concentrating on a book compiling his extensive interviews with Emile Peynaud, wine consultant to 50 leading French châteaux and one of the world's foremost authorities on wine. Mr. Buller's many winemaker friends, earned through years of traveling and tasting with them, have given him a uniquely personal store of knowledge about wines.

To me, a wine means so much more if I know the winemaker, the all-important man who directs the making of the wine from grape to bottle. When I see the name of a winemaker I know and respect on a wine list in a restaurant, I feel immediately more confident in that wine. I may not know the vintage or the wine itself, but I know the winemaker is a serious professional and I am reassured. Trusting these winemakers, I am rarely if ever disappointed. (The exception could be due to bad storage or an accident in transit.)

The following wine suggestions—sets of wines and their winemakers—make up my idea of a cellarful of friends. You will see I have included some "openers" for everyday as well as a few wines for special occasions. If these ideas can start you off to build your own cellarful of friends—wines and winemakers you personally like—then I shall be delighted.

TABLE WINES *(Thirst quenchers)*

	Winemaker	Fifth	Magnum
California			
Red			
Almadén Mountain Red	Klaus Mathes		$3.99*
Beaulieu Cabernet Sauvignon Private Reserve '73	Theo Rosenbrand		9.39
Christian Brothers Pinot Noir	Brother Timothy	$ 6.49	
Fetzer Premium Table Wine	Bernard Fetzer	2.75	5.50
Fetzer Carignane	Bernard Fetzer	5.32	
Gallo Hearty Burgundy	Julio Gallo	1.99	3.69
Paul Masson Burgundy	Joseph Stillman	4.19	
Mondavi Table Wine	Robert Mondavi	2.85	5.29
Sebastiani Mountain Red	Auguste Sebastiani		3.99
Simi Gamay Beaujolais	Mary Ann Graf with Andre Tchelistcheff	3.60	
White			
Almadén Chablis	Klaus Mathes	2.25	3.99
Fetzer Premium Table Wine	Bernard Fetzer	2.75	5.50
Gallo Chablis	Julio Gallo	1.99	3.69
Inglenook Chablis	Tom Ferrell	2.15	
Mondavi Table Wine	Robert Mondavi	2.85	5.29
France			
Red			
B & G Prince Noir Bordeaux	Emile Peynaud	3.79	
Drouhin Beaujolais '77	Robert Drouhin	5.49	
Jadot Beaujolais '77	Andre Gagey	4.98	
Lichine Table Wine	Alexis Lichine	3.49	6.29
White			
Metaireau Muscadet '76	Louis Metaireau	4.50	
Italy			
White			
Bolla Soave		3.99	7.69
Folonari Soave		2.49	4.39
SPARKLING WINES AND CHAMPAGNE			
California			
Almadén Blanc de Blancs	Klaus Mathes	7.35	
Chandon Blanc de Noir	Edmond Maudière	8.99	
Korbel Brut	Dolph Heck	6.99	
Schramsberg Crémant	Jack Davies	10.70	
Sonoma Vineyards Brut Cuvée	Rod Strong	8.85	
France			
Le Duc Seyssel		5.99	
Moët & Chandon Dom Pérignon '73 Champagne	Edmond Maudière	36.99	

CALIFORNIA ZINFANDELS

These increasingly popular wines are all-American. Perhaps because they have no sure forefathers from abroad, California winemakers feel free to create wines according to their own taste. Zinfandels are made to improve with age. When you find one you like, you might buy some extra bottles to lay away. You may even find bottles of older vintages to taste against the younger wines. Another day, move on to California's Cabernet Sauvignons, tasting and comparing what the winemakers are doing with these wines. Here are a few zinfandels to try:

Winery	Winemaker	Fifth
Clos du Val 1975	Bernard Portet	$4.0
Fetzer 1975	Bernard Fetzer	4.0
Inglenook 1975	Tom Ferrell	3.2
Martini 1975	Louis Martini	2.7
Mondavi 1975	Robert Mondavi	5.2
Ridge 1975	Paul Draper	3.9
Sebastiani 1975	Auguste Sebastiani	2.7
Simi 1975	Mary Ann Graf	3.2

Continued on page 180

ADVICE TO WOMEN BORED BY THE SAME OLD DRINKS

—FROM A WOMAN WHO KNOWS



Jewelry by Patricia von Musulin

ATERS USED TO GET IMPATIENT WITH ME. BECAUSE IT WAS OFTEN DIFFICULT
O THINK OF AN EXCITING DRINK. THEN I DISCOVERED DRAMBUIE OVER ICE.
OOL AND EXTREMELY SMOOTH. IT HAS A MILD AND PLEASANT TASTE. THAT'S
T RIGHT. SO NOW I'M NO LONGER BORED. THANKS TO DRAMBUIE. AND
EW CUBES OF ICE. IF YOU'RE LOOKING FOR AN EXCITING
PERIENCE...AS I WAS...THIS MAY WELL BE YOUR DRINK.

DRAMBUIE OVER ICE

Judith Olney
continued from page 173

Mixed sautéed vegetable flowers

INGREDIENTS

20-25 pearl onions, peeled
Salt, pepper
1 large, stout carrot, scraped
2 medium-sized, sweet red peppers
2 small, firm zucchini, trimmed
1 garlic clove, peeled
2 tablespoons parsley, chopped
2 tablespoons olive oil
Juice of ½ lemon

METHOD

☐ Parboil the onions in a pan of boiling, salted water until just tender. Using a vegetable stripper or a small, sharp knife, cut five grooves along the length of the carrot at its thicker end. Cut the carrot in thin slices which should then resemble five-petaled flowers. Just as the onions finish cooking, drop the carrots into the boiling water, let them turn a vivid orange, then drain onions and carrots together into a colander and refresh them under cold water.

☐ Slice the peppers in half lengthwise and seed them. Cut each half into quarters lengthwise, then cut in half crosswise. Cut each piece into 3-pointed shapes resembling tulips. Cut the zucchini into 2-inch-long pieces, cut each into quarters lengthwise. Cut away flesh, leaving ⅛ inch attached to peel. Save the flesh for another use and make a notch on either end of peel strips for decorative effect. The vegetables may all be prepared ahead up to this point—keep them refrigerated.

☐ Chop the garlic clove and parsley together until they become a fine mince. Heat the olive oil in a frying pan. Add all the vegetables and let them sauté briefly until the peppers and zucchini are brightly colored and just crisply cooked. Sprinkle in the parsley-garlic mince, add lemon juice, salt, and pepper to taste. Shake the pan to mix and mingle everything, then serve immediately. Serves 4.

Saffroned pilaf

INGREDIENTS

4 tablespoons sweet butter
1 medium onion, finely chopped
1 cup long-grained rice, preferably Basmati
2 cups boiling, salted water colored with ¼ teaspoon powdered saffron

METHOD

☐ Heat 2 tablespoons butter in a saucepan, add the onion, and cook until tender. Add the rice and stir until it gains a pale, translucent color. Pour on the boiling saffron water, give a brief stir, and regulate the heat to the barest simmer. Cover the pot. In approximately 24-26 minutes, the water will have completely evaporated, and the rice will be cooked. Test it by moving a small portion of rice from the center of the pan. If the pan's bottom is completely dry, the rice is done. Stir in the remaining 2 tablespoons butter.

☐ To mold the rice, butter 4 small ramekins, divide the rice between them, and press down on the grains to compact them slightly. Hold the ramekins in a warming oven until needed, then unmold on plates. Serves 4.

Stuffed chicken wings

INGREDIENTS FOR BATTER

½ cup flour, sifted
¼ teaspoon salt
1 tablespoon olive oil
½ cup lukewarm water
2 egg whites

INGREDIENTS FOR CHICKEN

18 chicken wings
3 tablespoons black olives, pitted and chopped
1 small clove garlic
¼ cup dry white wine
1 teaspoon olive oil
1 tablespoon mixed oregano and thyme
1 tablespoon parsley, chopped
Salt, pepper
1½ quarts peanut oil for deep frying
Homemade tomato sauce

METHOD FOR BATTER

☐ Sift flour and salt into a bowl and make a well in the middle. Add olive oil and lukewarm water. Using a whisk, gradually incorporate the flour into the liquid until it is a smooth paste. Cover with a towel and let rest 1 hour.

METHOD FOR CHICKEN

☐ The portion of the wing used for stuffing is the small, upper "drumstick" length. Sever through the "elbow" joint, cutting off the double-boned middle joint and the wing tip. Reserve these for stock.

☐ Starting at the small, less fleshy end of the bone, cut through the skin and tendons with a sharp knife, then push and scrape the flesh cleanly down the length of the bone toward the "shoulder" end. Using the fingers, pull the mass of meat up and over the bone's end. The wing should now resemble a small lollipop, with a clean bone/stick and a fat rounded mass of meat on top. Trim off any ragged bits of skin.

☐ Chop the olives and garlic clove to a fine mince and stuff a small portion of the mixture into the center of each chicken wing. Place the wings in a bowl, sprinkle them with wine, olive oil, herbs, and seasoning, and leave to marinate ½ hour.

METHOD FOR ASSEMBLY

☐ Heat the peanut oil in a deep fryer or high-sided pot. Beat the egg whites in a bowl to firm peaks and fold into the batter. Pat the chicken wings dry with paper towels. Test the oil by dropping in a small amount of batter. When it sinks slowly then bobs sizzling to the surface, the oil is ready. Dip the stuffed ends of the wings into batter, drop into the oil, and let them fry to a deep golden brown. Do not overcrowd the pan. Remove the wings as they cook, blot gently with paper towels, and place on absorbent toweling on a cookie sheet. Leave in a warm oven until all are finished. Serve accompanied by a small dipping pot of thick, flavorful tomato sauce tangy with cayenne pepper. Serves 6/3-wings per person. ■

Christopher Idone
continued from page 173

Sautéed bay scallops

INGREDIENTS

½ cup clarified butter (butter melted slowly, foam, if any, skimmed; then drained of the milk solids that sink to the bottom of the pan)
½ sweet red pepper, cut into thin strips and finely diced
1 pound fresh bay scallops (do not wash them)
Pinch ground cloves
2 tablespoons finely chopped chives

METHOD

☐ Heat clarified butter in a sauté pan that will comfortably hold the scallops. When the butter is hot, add the diced pepper and sauté 1 minute. Add the scallops and sauté 1-2 minutes—just long enough to warm them through. Add ground cloves, stir, and mix in the chives. Serve immediately on warmed plates. Serves 4-6.

Muscovy duck with spinach, fresh limes, and lemon zest

INGREDIENTS

4 3½-pound Muscovy ducks (or use Long Island duckling)
Salt, pepper
4 Granny apples, quartered
½ cup dry white wine
½ cup duck or chicken stock
½ cup sugar
Zest of 2 large lemons, cut into wide strips
2 fresh limes
2 pounds fresh spinach, stems removed and leaves washed and dried thoroughly

METHOD

☐ Salt and pepper the inside of the duck carcass and stuff each bird with 1 Granny apple. You may remove the legs and thighs before roasting if you wish to use them in a terrine later. Set the ducks in a pan that will comfortably hold them and roast in a preheated 500° oven 20 minutes. Roast Long Island duckling 50 minutes. The duck will be cooked; the breast meat pink and juicy. Remove from the pan and drain the pan of all fat. Add the wine and stock, deglaze the pan, and strain the juices. Reserve and keep warm.

☐ Remove the breast meat and skin from the duck carcasses and set on a flat pan that will fit into the broiler. If you have

cooked the ducks whole, reserve the legs and thighs, with the carcass, for a borscht.

☐ Melt the sugar in a heavy saucepan with 1 cup water. Triple-fold the lemon zest strips as you would a letter and julienne. When the sugar has dissolved, continue stirring until the consistency is syrupy but do not let it caramelize. Add the lemon julienne, stir briefly in the syrup, then remove the julienne with a slotted spoon and reserve.

☐ Neatly slice away the zest and pith from the limes. Remove each section by slicing between the membrane with a very sharp knife. You should have 4 sections for each serving.

☐ Arrange the spinach on individual plates and tuck the lime sections around the spinach. Broil duck breasts, skin side up, under hot broiler until the skin is crisp. Cut each half breast on the bias into 4 or 5 slices. Arrange on top of the spinach leaves. Place a little of the lemon julienne on top of the skin of each duck slice and spoon a bit of the reserved juices over the duckling. Serves 6-8.

Poached Bartlett pears with raspberry sauce and chopped pistachios

INGREDIENTS

6 nicely shaped, firm, ripe Bartlett pears
Zest of 1 lemon
Juice of 1 lemon
1½-2 cups granulated sugar
1 package frozen raspberries
2 ounces kirsch
Sugar (optional)
3 tablespoons pistachios, coarsely chopped

METHOD

☐ Peel the pears, leaving stems intact and place them in an enamel or stainless steel pot with the lemon zest and juice and enough cold water to cover. (Pears float; press them down when adding water.) Add sugar. Cut a piece of waxed paper to fit inside the pot and cover the pears with it. Place the pot over high heat, bring to a boil, then simmer 25-30 minutes or until pears are tender. Let the pears cool in their own juices. Refrigerate them if planning to serve them the next day.

☐ Purée the raspberries in a food processor and strain through a fine sieve. Wash the seeds with the kirsch: Pour kirsch over seeds through strainer; discard seeds. Stir mixture to incorporate kirsch. If you are using fresh raspberries, add sugar to taste. To keep for several days in the refrigerator, bring to a boil, then cool.

☐ Slice a sliver off the bottom of the pears so they will stand straight. Pour 2 spoonfuls of sauce in the center of the plate and spread out with the back of a spoon. Arrange on individual plates and dribble a few tablespoons sauce from the stem down. Sprinkle chopped pistachios on top. Serves 6. ■



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Jean and Pierre Troisgros
continued from page 175

Duck with black currants

INGREDIENTS

2 Barbarie or Muscovy ducks, about 3 pounds each, dressed, or 1 large Long Island duck
Salt
Freshly ground pepper
1 tablespoon peanut oil
10 ounces black currants (available preserved in light syrup, imported from Poland and England)
1½ tablespoons sugar
⅜ cup red wine vinegar
1 tablespoon red currant jelly
2½ tablespoons crème de cassis (black currant liqueur)
1½ cups concentrated veal stock with tomato (recipe below)
6 tablespoons butter

METHOD

☐ Truss the ducks and season with salt and pepper. Place them in a heavy casserole, brush with peanut oil, and brown them on all sides over medium to high heat. Allow about 20 minutes for this operation, then finish the ducks in the oven. Roast them about 20 minutes in a preheated 450° oven, turning them several times. Roast a 6-pound Long Island duck 1 hour. When the roasting is completed, place the ducks on a carving platter and let them stand for at least 1 hour at room temperature. Pour off all fat remaining in the casserole, but do not wash it.

☐ If using fresh black currants, place them in a saucepan with ¼ cup water and 1½ tablespoons sugar. Simmer, covered, for 5 minutes. If the berries are preserved, drain a heaping cupful in a sieve. Reserve their juice.

☐ Place each duck on its back, untruss, and cut off the legs at the joint above the thigh. Then, using a sharp carving knife, make one long incision down the middle of the breast, and scrape from the length of the breastbone down the rib cage until you reach the joint of the wing. Remove the large fillet in one piece and repeat on the other side.

☐ In the same manner, disengage the filet mignon (the long strip which adheres to the carcass just below the breast). Using a heavy knife, chop off and discard the tail. Cut the carcasses into manageable pieces. (Use a meat cleaver or poultry shears for this operation.)

☐ Deglaze the casserole in which the ducks were cooked with vinegar and, after a minute or two, add the red currant jelly. Boil until the juices caramelize, then stir in the crème de cassis.

☐ Add the veal stock, the carcasses of the ducks, and a scant ⅓ cup of the juice rendered from the cooked currants. (If using preserved currants, add the same amount of syrup.)

☐ Bring to a boil, then reduce heat to very low. Let the sauce barely simmer for 20 minutes—watch carefully, as it burns easily. During this time skim off any fat and impurities that rise to the surface.

☐ Pass the sauce through a fine sieve into a small heated casserole, pressing down on the bones. Then, stir in the butter, a tablespoon at a time, to give it gloss, add the currants, and taste for seasoning. The sauce should be neither too sweet nor too salty.

☐ Separate the drumstick and thigh sections of the legs at the joint above the drumsticks, and arrange them in a cross in the center of a hot, flameproof serving platter. Cut the fillets into 4 thin slices each, and arrange them, slightly overlapping, in a crown surrounding the legs. Heat the platter for a few seconds on top of the stove, then nap with hot sauce. Serves 4.

Concentrated veal stock with tomato

INGREDIENTS FOR BROWN VEAL STOCK

2½ pounds veal knuckle and leg bones, cut into manageable pieces (ask your butcher to do this)
1 large onion, sliced
2 carrots, sliced
1 clove garlic
Bouquet garni (sprigs of thyme and parsley and a bay leaf, tied together)

INGREDIENTS FOR CONCENTRATED VEAL STOCK WITH TOMATO

2 tablespoons peanut oil
1 small carrot, finely chopped
1 small onion, finely chopped
3 fresh tomatoes, chopped
½ tablespoon tomato paste
1 stalk celery, cut into several pieces
Parsley sprigs, tied together
1 quart brown veal stock
5 peppercorns, slightly crushed

METHOD FOR BROWN VEAL STOCK

☐ Spread out the bones on a large baking sheet. Roast, turning them once or twice, in a preheated 475° oven until well browned on all sides (allow about 45 minutes).

☐ Place the hot bones in a large stockpot with the onion, carrot, garlic, and bouquet garni. Do not add salt. Fill the pot with enough cold water to cover the ingredients and bring to a vigorous boil. Then skim off the surface scum.

☐ Let the stock boil gently for about 4 hours. Frequently skim off the scum and fat that will continue to rise to the surface. Strain through a fine sieve. There should be about 1 quart brown veal stock. When the broth has cooled, lift off any excess fat with a shallow spoon. Refrigerate or freeze the stock until ready to use.

METHOD FOR CONCENTRATED VEAL STOCK

☐ Heat the oil in a heavy medium-size casserole. Add the mirepoix of carrot and onion and cook, covered, over low heat to release their juices. Add the tomatoes and, when the vegetables are soft, stir in the tomato paste. Add the celery, parsley, and stock, and bring to a boil. Then reduce heat to the barest simmer and cook 1 hour. Skim the surface occasionally and add pepper during the final 10 minutes of cooking.

☐ When finished, the stock should be reduced by half, with only 1 pint remaining. Cook longer if necessary. Strain through a fine sieve. Cool, and refrigerate or freeze it until ready to use.

Ham with vegetable streamers

INGREDIENTS

10 tablespoons butter
4 thick slices jambon de Roanne, *about 4 ounces each (or substitute boiled or Virginia ham, with all rind and outside coating removed)*
Salt, freshly ground pepper
½ lemon
2 whole cooked vegetable serpentines (recipe below)

METHOD

☐ Melt 1½-2 tablespoons butter in one or, if necessary, two large skillets. Lightly brown the ham on both sides, then arrange it on a hot platter.

☐ Bring 3 tablespoons water to a boil over high heat in a small saucepan. Using a wire whisk, incorporate the remaining butter, cut into tiny pieces, a little at a time. Stir briskly until thickened, then season with salt, pepper, and a few drops of lemon juice.

☐ Cut the hot rolled vegetables into 12 coils each ½-inch thick. Divide the ham slices among 4 hot plates. To decorate, nap ham with the *beurre fondu,* and arrange 3 coils over the center of each slice and unwind them slightly, so that they cover the entire plate harmoniously. Serves 4.

Vegetable serpentines

INGREDIENTS

2 large yellow turnips, about 7 ounces each
2 large carrots, about 3 ounces each
1 large cucumber, about 7 ounces (For this recipe, choose the largest vegetables available)
Salt
7 tablespoons butter
Freshly ground pepper

METHOD

☐ Trim off the tops and bottoms of the turnips, trim so that each becomes a cylinder 3 inches long, then peel them. Blanch cylinders about 5 minutes. Using a sharp knife with a blade 3 inches long, turn the vegetable on its central axis to cut

Continued on page 182

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Banana Delight Pie

1 package (6-serving size) JELL-O® Brand Vanilla Flavor Instant Pudding and Pie Filling
2¼ cups cold milk
1 baked 9-inch pie shell or graham cracker crumb crust, cooled
2 bananas
½ cup thawed BIRDS EYE® COOL WHIP® Non-Dairy Whipped Topping

Prepare pie filling with 2¼ cups milk as directed on package for pie. Measure 1 cup filling; set aside. Pour a thin layer of remaining filling into pie shell. Cut 1 unpeeled banana in half; cover one half with plastic wrap and set aside. Peel and slice remaining one and one half bananas and arrange slices on filling in shell. Top with remaining filling. Blend whipped topping into measured filling. Spread over filling in pie shell. Chill 3 hours. Garnish with additional whipped topping and reserved half banana, sliced.

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Jean and Pierre Troisgros
continued from page 180

a thin ribbon of turnip 3 inches wide and as long as possible. If the band breaks, continue, as you should be able to use it all the same.

☐ After peeling the carrots, blanch them whole for 5 minutes to make them more flexible, then cut them into 3-inch lengths, and pare them into long bands the same way as the turnips.

☐ Peel and cut the cucumbers the same way as the other vegetables, but stop at the first sign of seeds.

☐ Plunge all these coils into boiling water for 1 minute, remove with a skimmer, and chill them briefly in ice water.

☐ Make 4 rolls: Layer the turnips, carrots, and cucumbers one upon another (in that order) to obtain tricolored bands 8-10 inches long. Roll them up into tight coils and tie them, like packages, with two strings.

☐ Drop the rolls into a saucepan of boiling salted water for 4-5 minutes. If serving serpentines with the ham, stop here. If serving as a separate vegetable course, continue with the recipe.

☐ Bring 3 tablespoons of water to a boil in a small saucepan and stir in the butter, cut into tiny pieces, a little at a time. Beat with a wire whisk until a liaison is formed. Season the *beurre fondu* with salt and pepper.

☐ Carefully lift the vegetables from the boiling water, remove the strings, and slice each roll crosswise into 3 equal pieces. Place around the edges of 4 hot plates and uncoil about a third of each piece to give the vegetables the appearance of streamers flying in the wind. Dress the *serpentins* with *beurre fondu* and serve as quickly as possible. Serves 4.

Poached and fresh fruits with ices and raspberry sauce

INGREDIENTS

2 cups sugar
An assortment of fruits, according to the season: peaches, pears, cherries, apricots, plums, prunes, figs, melon, pineapple, oranges and grapefruit, strawberries, raspberries, blackberries
1 lemon
1 stick cinnamon
Red wine
2 bay leaves
Fresh almonds
Grapes
Orange liqueur
8 ounces fresh raspberries or 2 10-ounce packages frozen, drained of syrup
Assorted sherbets
Walnut ice cream (recipe below), or use vanilla or honey-flavored ice cream
Crème fraîche (optional). Recipe, page 185

METHOD

☐ Combine 1½ cups sugar and 1 quart water (or a larger amount, in the same proportions, if needed, to cover fruits entirely) in a saucepan. Simmer until the sugar is dissolved.

☐ Peel the peaches; if necessary, blanch for 10 seconds in boiling water to facilitate the removal of their skin. Poach the peaches whole in the syrup, then cut them in half and remove the pit.

☐ Peel the pears and wipe the flesh with a cut lemon to prevent darkening. Halve them, and remove the stems, cores, and seeds. Poach the pears in syrup, then cut the pieces in half again.

☐ Pit the cherries and tie them together in a sack of cheesecloth. Cook them briefly in rapidly boiling syrup.

☐ Cut the apricots in half and remove the pit. Poach the apricots with a stick of cinnamon added to the syrup.

☐ Cook the plums whole in syrup.

☐ Soak the prunes in water overnight, then place them in a pan of cold water and bring to a boil. At the first sign of a simmer, remove the prunes and drain them in a sieve. Then cut them in half and extract the pit.

☐ Poach the figs in red wine with a little sugar and 2 bay leaves.

☐ Shell the almonds and split them in half. Remove seeds from grapes.

☐ Cut the melon in half and remove the seeds. Then carve the melon into small balls, using either a spoon or a melon-ball cutter. Take care not to get too close to the rind. Marinate the balls in a little sugar (optional) and orange liqueur.

☐ Peel the pineapple, cut it into thick slices, then cut the slices into small wedges. Marinate the pineapple in cold sugar syrup.

☐ Peel oranges and grapefruit close to the flesh, removing all the white pith. Using a small sharp knife, cut between the pulp and membranes to separate each segment. Do this over a bowl to catch juice. Marinate segments in their own juice for 24 hours. If you wish, add a little sugar.

☐ Remove stems from strawberries, wash them if necessary, then sprinkle with a little sugar and lemon juice. If they are large, cut them in half.

☐ Do not damage wild strawberries, raspberries, blackberries by washing unless absolutely necessary.

☐ To make the raspberry sauce, pass the fresh or frozen raspberries through a food mill into a glass bowl. Sprinkle the fresh berry purée with ½ cup sugar, or to taste, then chill it in the refrigerator. Stir the sauce occasionally with a wooden spoon to dissolve the sugar. If using frozen raspberries, do not add sugar.

☐ To assemble the dessert, have a large, well-chilled serving platter or large plates ready. Place a heaping spoonful of sherbet in the center of the platter, then place another spoonful of ice cream next to it.

☐ Surround the ices with the fresh and poached fruits of the season, arranged harmoniously by color and brushed lightly with raspberry sauce or with small dollops of crème fraîche (use very little cream or none at all).

Walnut ice cream

INGREDIENTS

½ cup freshly shelled walnut meats
5 egg yolks
¾ cup black-locust honey (miel d'acacia)
2 cups heavy cream
Salt
1 vanilla bean or 1 tablespoon vanilla extract

METHOD

☐ Choose fresh healthy walnuts. Shell them at the last moment, remove the nut meats, and peel off all the paperlike skins with a small sharp knife. Then chop the meats coarsely.

☐ Mix the yolks in a bowl with the honey, then beat them for at least 5 minutes with a wire whisk (or use an electric mixer), or until they are thick enough to form a ribbon.

☐ Bring the cream to a simmer in a heavy saucepan. Add the chopped walnuts with a dash of salt and vanilla bean if you are using one, and reduce the heat to as low as possible. Let the walnuts steep in the cream for 10 minutes to produce an infusion.

☐ Beating constantly, pour the hot cream over the yolk mixture, and continue to beat until the custard is thick enough to coat a spoon. If necessary, beat the eggs and cream over hot water held below a simmer. Then pour the mixture into a cold mixing bowl and continue beating until it is cool. Add vanilla extract if you did not use a vanilla bean. Chill well in the refrigerator.

☐ No more than 30 minutes before you plan to serve the ice cream, crank it in an ice-cream freezer according to the manufacturer's directions. Serves 4.

Closdenis
continued from page 174

Fish mousseline with two sauces

INGREDIENTS FOR MOUSSELINE

1 pound whiting, filleted, or use haddock or scrod
1 pound red mullet, filleted, or use red snapper
1 teaspoon salt
Pinch cayenne
5 egg whites
1 quart crème fraîche, chilled
Butter

INGREDIENTS FOR SAUCES

1 shallot, finely chopped
Pinch salt
Pinch white pepper or powdered cayenne
¼ cup white wine
¼ cup white wine vinegar
1½ pounds butter, softened
1 tablespoon tomato paste
Tiny asparagus for garnish
Stalks of chives for garnish



Fish fumet (concentrated fish stock)
Bouquet of chives or chervil
4 fillets of John Dory, or use flounder or rockfish
Several chives, some whole, the rest chopped for garnish (or use chervil)

METHOD

☐ Peel and seed the tomatoes, break them up, and cook, uncovered, in a large pan over moderate heat for 15 minutes. As the tomatoes cook, crush them into a purée, add the ginger, then remove mixture from heat and keep warm. Taste and adjust seasoning, adding salt if necessary.

☐ Place the onions in a saucepan with ⅔ cup water or a bit more. Cover pan, cook 20 minutes. Drain the onions well and place in a blender or food processor with salt and pepper to taste—process until you have a smooth purée. Keep warm until ready to serve.

☐ Fill a fish poacher or other suitable vessel with fish fumet (or use salted water with chive or chervil bouquets) to a depth of about 2 inches, cover and bring to a boil. Place custard cups or small ramekins upside down in the pan, put fillets on the rack, and place rack on top of the cups so that the fish will not be in the cooking liquid. Cover the pan and steam the fillets 6-7 minutes—the fish should remain firm and opaque.

☐ Spread the tomato and onion purées on each plate in half circles and draw a knife from the center of the dish out to the edge at ⅛-inch intervals to create a "fringed" appearance. Place a fillet on top, outline with whole chives, and sprinkle with chopped chives or chervil. Serves 4.

Tomato mousse

INGREDIENTS

½ pound John Dory, flounder, or rockfish, filleted
1 egg
2 egg whites
½ pound tomatoes, peeled and seeded
1½ teaspoons tomato paste
1 teaspoon salt
½ teaspoon pepper
½ cup crème fraîche
Butter

METHOD

☐ Press the fish through a fine

continued on next page

METHOD FOR MOUSSELINE

☐ Blend the fish with salt and cayenne in a blender or food processor until smooth; if using a blender, blend in small amounts. Add the egg whites one by one, blending well after each addition. Transfer the mixture to a bowl and set it over a bowl of ice cubes and beat with an electric mixer until it becomes a clinging mass—it should be very firm and smooth. Place in the refrigerator for about 1 hour.

☐ Add crème fraîche (recipe, page 185) to mixture very slowly, by spoonfuls, while stirring constantly with a wooden spatula. Stir until it is completely smooth.

☐ Fill a buttered 10-cup loaf pan with the fish mixture and cover with buttered aluminum foil. Place in a water bath in a pre-heated 350° oven for about 50 minutes or until firm to the touch. Remove from the oven and let the mousseline rest 10 minutes or more.

METHOD FOR SAUCES AND ASSEMBLY

☐ Place shallot, salt and pepper in a heavy enameled pan with the wine and vinegar and cook over medium heat, stirring, until the mixture is reduced by half. Cool pan.

☐ Work the softened butter with a spoon until it is very smooth. Place pan over very low flame and whisk butter into the shallot-wine mixture bit by bit, stirring constantly. When the sauce is ivory-colored and very creamy, remove half of it to another pan and stir in the tomato paste, blending well.

☐ Spoon a bit of both sauces onto each plate. Use a baster to draw off any liquid which has accumulated on top of the mousse and unmold. Cut the mousseline into slices and place a slice on top of the sauces. Decorate the dish with tiny packets of asparagus "tied" with stalks of chives. Serves 7-8.

John Dory with vegetable purées

INGREDIENTS

1 pound ripe tomatoes
3½ ounces fresh ginger, peeled and finely chopped
Salt, pepper
1 pound onions, peeled



sieve or food mill for the smoothest possible mousse. Place the fish, egg, egg whites, tomatoes, tomato paste, salt, and pepper in a food processor fitted with the steel blade. Process to a smooth purée, then let the mixture rest in the refrigerator 1 hour.

☐ Blend the crème fraîche into the fish-tomato mixture, stirring constantly with a spatula. Pour the mousse into 4 small buttered molds and place in a shallow baking pan. Carefully pour boiling water into the pan to come ⅔ of the way up the sides of the molds. Bake in a preheated 425° oven 15 minutes, then remove from the oven and let the mousses rest, out of the water bath, 5 minutes. Unmold one to a plate—if liquid has accumulated, blot plate with paper towel—and surround with a few spoonfuls *beurre blanc* (see sauce from mousseline with two sauces) if desired. Serves 4.

Cucumber mousse

INGREDIENTS

½ pound John Dory, flounder, or rockfish, filleted
2 eggs
11 ounces cucumbers, peeled, seeded, chopped, and well drained
½ cup crème fraîche
Salt, white pepper
Butter

METHOD

☐ Place the fish, eggs, and cucumbers in a food processor fitted with the steel blade. Process to a smooth purée, then let the mixture rest in the refrigerator 1 hour.

☐ Blend the crème fraîche into the fish-cucumber mixture, stirring constantly with a spatula, and add salt and pepper to taste. Pour the mousse into 4 small buttered molds and place in a shallow baking pan. Carefully pour boiling water into the pan to come ⅔ of the way up the sides of the molds. Bake in a preheated 425° oven 15 minutes, then remove from the oven and let the mousses rest, out of the water bath, 5 minutes. Unmold onto a plate—if liquid has accumulated, blot plate with paper towel—and surround with a few spoonfuls *beurre blanc,* if desired. Serves 4.

Salmon mousse

INGREDIENTS

¾ pound salmon, filleted
2 eggs
1 teaspoon salt
½ teaspoon pepper
½ cup crème fraîche
Butter

METHOD

☐ Press the salmon through a fine sieve for the smoothest possible mousse. Place the fish, eggs, salt, and pepper in a food processor fitted with the steel blade. Process to a smooth purée, then let the mixture rest in the refrigerator 1 hour.

☐ Blend the crème fraîche into the salmon mixture, stirring constantly with a spatula. Pour the mousse into 4 small buttered molds and place in a shallow baking pan. Carefully pour boiling water into the pan to come ⅔ of the way up the sides of the molds. Bake in a preheated 350° oven 25 minutes, then remove from the oven and let the mousses rest, out of the water bath, 5 minutes. Unmold onto a plate and surround with a few spoonfuls *beurre blanc,* if desired. Serves 4. ■

Cucumbers with fish mousse

INGREDIENTS

7-8 ounces whiting, salmon, or John Dory, filleted
2 eggs
3 tablespoons crème fraîche (page 185)
Salt, pepper
2 fat cucumbers, peeled and cut into 4 sections each
Court bouillon or fish fumet, or use bottled clam juice
5 tomatoes, peeled and seeded
1 tablespoon olive oil
7-8 ounces green beans, trimmed
2 carrots, peeled and trimmed
4 turnips, peeled and trimmed
1 leek, well washed and trimmed
Chervil for garnish

METHOD

☐ Place the fish in a blender or food processor fitted with the steel blade and process briefly. Add the eggs and crème and process until smooth. Add salt and pepper to taste and process a few seconds longer. Let the mousse rest in the refrigerator 30 minutes or until it has a firm consistency.

☐ Use a melon baller or the handle of a spoon to scrape the seeds from the cucumber sections, then fill with the chilled mousse. Roll in individual pieces of cheesecloth and tie at each end.

☐ Heat 4-6 cups court bouillon in a large pan, add the stuffed cucumber sections, and cook in simmering liquid 10-15 minutes—do not let the liquid boil! Remove the cucumbers from the court bouillon, drain, reserve, and refrigerate. When ready to use, remove cheesecloth.

☐ Place the tomatoes in a blender or food processor with olive oil and a dash of salt and pepper. Process about 30 seconds until you have a smooth purée. Pour the purée into a saucepan and cook over low heat 2 minutes to evaporate any excess liquid. Cool to room tempera ure.

☐ Blanch the beans, carrots, turnips, and leek 3-4 minutes in a saucepan of boiling, salted water—they should remain crunchy. Refresh under cold water and drain well. Cut the vegetables into batonnets—sticks about ⅛-inch wide and 1-3 inches long.

☐ Spoon some tomato sauce onto 4 plates. Slice each cucumber section into 3 rounds and place 6 on each plate on the tomato sauce. Arrange small groups of the batonnets between the cucumber slices and sprinkle a bit of chervil on top. Serves 4.

Fish terrine with caviar

INGREDIENTS

⅔ pound smoked salmon
⅔ pound smoked sturgeon
1 cup crème fraîche
Butter
2 ounces caviar
2 limes for garnish
4 1½-inch pieces chives (optional)

METHOD

☐ Place the salmon in a blender or food processor fitted with the steel blade. Process 1 minute, or until you have a smooth paste. Scrape into a bowl and reserve. Repeat with the sturgeon.

☐ Whip the crème in a bowl until it is thick but not stiff. Remove half of the whipped crème to another bowl.

☐ Mix the salmon with half the crème—blend well. Stir the sturgeon into the rest of the crème.

☐ Fill a buttered 3-cup terrine with the salmon mixture—it should fill the mold halfway. Use a spatula to smooth the layer of salmon. Spread a wide stripe of caviar down the length of the terrine. Try to keep the edges as straight as possible. Cover the salmon and caviar layers with the sturgeon mixture, and smooth the top with a spatula. Place the terrine, covered, in the refrigerator for at least 6 hours.

☐ To unmold the terrine, dip into warm water for a few seconds, cover with a plate, and invert the plate and mold together in one motion. If the mold sticks, rap sharply with a knife to loosen it. Slice the terrine and arrange on individual plates. Slice the limes thinly and cut each slice in half. Arrange 2 slices (4 halves) beside the fish, along with chives, if desired. Serves 8.

Steamed John Dory

INGREDIENTS

3 large beets, trimmed
Salt, pepper
1 small head cauliflower, trimmed, cored, and divided into pieces
4 eggs
6 tablespoons crème fraîche
Butter
Fish fumet
1 bunch watercress
4 fillets John Dory, or use flounder or rockfish
Juice of ½ lemon



☐ Invert the molded subriques onto a plate and rap sharply with a knife to loosen. Blot plate with paper towel if there is excess moisture. Slice the subriques into 4 slices each.

☐ Place 2 tablespoons crème and 2 ladles fish fumet in a skillet with the juice of ½ lemon. Cook, stirring, over moderate heat until sauce is reduced by ⅓—do not let it boil. Salt and pepper to taste, stir in a bit of chopped watercress.

☐ Place a fillet on each plate, spoon sauce over. Arrange 4 slices of beet-cauliflower subrique around fillet, with 1 batonnet of beet between each slice. Serves 4. ■

Crème fraîche

☐ Use Santé brand, or mix equal parts sour and heavy sweet cream; cover loosely and let stand at room temperature 8-12 hours and refrigerate 24 more before using.

Meal in minutes
continued from page 168

the fine disc of a food mill. Season the purée with salt and pepper to taste and beat in the butter. If the mixture is too thin, place back over heat and cook, stirring, to evaporate moisture. If too thick, add a little heavy or sour cream to attain desired texture. Serves 4.

Citrus sections with crystallized ginger

INGREDIENTS

4 large oranges
2 large grapefruit
3 tablespoons crystallized ginger, diced very fine
2-3 tablespoons cognac or ginger brandy

METHOD

☐ Remove the skins and pith from the fruit with a serrated knife. Hold fruit over a bowl and cut between membranes to remove sections and save juice. Squeeze remains of fruit into bowl. Sprinkle diced ginger over fruit, cover with plastic wrap, chill in refrigerator a few minutes or until fruit is very cold. Just before serving stir in cognac or ginger brandy. Serves 4. ■

METHOD FOR BEET-CAULIFLOWER MOLDS
(Subriques)

☐ Place the beets in a large pot of boiling salted water. Return to a boil and simmer the beets until tender. Follow the same procedure for the cauliflower.

☐ When the vegetables are cooked, drain them well and slip the skins off the beets. Reserve 1 beet; place the other 2, cut into chunks, in a blender or food processor fitted with the steel blade. Process until smooth, then add 2 eggs, 2 tablespoons crème, 1 teaspoon salt, and a dash pepper. Process again until the eggs and crème are incorporated. Remove the beet purée to a bowl.

☐ Place the drained cauliflower in the blender or processor; process until smooth. Add the remaining 2 eggs, 2 tablespoons crème, 1 teaspoon salt, a dash pepper, and process until incorporated.

☐ Fill each of 4 well-buttered ½-cup ovenproof ramekins halfway with the beet mixture. Smooth the layer with a spoon. Spoon a layer of cauliflower mixture on top of the beet layer in each mold and smooth the top. Place the molds in a shallow baking pan, then carefully fill the pan with boiling water to come ⅔ of the way up the sides of the ramekins. Bake in a preheated 425° oven 20 minutes. Let the subriques rest out of the water bath 5 minutes or more.

METHOD FOR FISH AND ASSEMBLY

☐ Fill a fish poacher or other suitable vessel with fish fumet to a depth of about 2 inches. Cover and bring to a boil. Place custard cups or small ramekins upside down in the pan. Cover the bottom of the steamer rack with watercress and a layer of sliced beets (use ½ of the reserved beet). Place the fillets on top and put the rack on the upside-down cups so that the fish will not be in the cooking liquid. Cover the pan and steam the fillets about 5 minutes—the fish should remain firm and opaque.

☐ While the fish steams, slice the rest of the beet thinly, then cut each slice into batonnets—sticks about ⅛-inch wide and 1-3 inches long.



Good spirits
continued from page 176

RIESLINGS FROM THREE COUNTRIES

Riesling wines have a fruity bouquet, but may be vinified either sweet or dry depending on the traditions of the wine region and the taste of the winemaker. Tasting among the choices below will give an indication of the variety possible.

Prices range from $1.99 to $5 for table and everyday wines with screwcaps in fifths and economy-size bottles—the jugs and magnums. Table and everyday wines with corks run between $2.99 and $3.99 per fifth. It is difficult to make quality wines with corks for less. As the price rises over $4, so usually does the quality. Over $10 per bottle, buy carefully. Taste a bottle first. As you taste more and more wines, gain confidence in your own taste.

	Winemaker	Fifth
French Rieslings of Alsace, dry		
Hugel Riesling 1977	Jean Hugel	$ 6.49
Preiss-Henny Riesling 1977	Hubert Preiss-Henny	6.89
Trimbach Riesling 1977	Bernard Trimbach	5.99
Trimbach Clos St. Hune 1974	Bernard Trimbach	14.00
German Rieslings of the Moselle, sweet		
Anheuser-Fehrs Bernkasteler 1977	Egon Anheuser	5.15
Muller Bishop's Riesling 1977	Rudolph Muller	3.99
Sichel Bernkasteler 1977	K. Schatz	4.39
California Rieslings, sweet and dry		
Chappellet Johannisberg Riesling 1976 Dry	Donn Chappellet	5.99
Heitz Johannisberg Riesling 1975 Dry	Joseph Heitz	5.35
Mondavi Johannisberg Riesling 1977 Sweet	Robert Mondavi	5.79
Sebastiani Johannisberg Riesling 1977 Dry	Auguste Sebastiani	4.69

■ THINGS TO KEEP IN MIND WHEN BUYING

If you are seriously buying wines in quantity and looking for quality, the store owner, or sometimes his manager, who does the buying, has usually tasted the wines and will be able to make recommendations. Bring your own checklist to show him what you are interested in. Make sure your name is on the store's mailing list for announcements of sales and tastings.

A little matter of interest for your pocketbook and your guests' pleasure: It is not necessary to serve a Big Wine throughout the meal. In fact, one bottle can be plenty for 5 to 6 persons, ⅓ or ½ glass per person. And a half-bottle is ideal for 2 people. Before we reach the really fine wine, this Big Wine of the meal, most of us have a natural thirst to quench. The lighter, easy-to-drink wines are better thirst quenchers than these bigger, heavier, 12 percent of alcohol wines, which may cost double or more.

Secondly, on arriving at the table, sometimes straight from apéritifs of hard liquor, our mouths may not be ready to appreciate the Big Wine. A glass or two first of the lighter wine and our mouths are then conditioned, prepared—as they say in French, literally, *vinifié*, meaning wined.

There are often half-bottles of wines available, if not in the store, then in the wholesalers' warehouses. Ask for them. A half-bottle of a dessert wine may be all you need for 4-5 people and the cost is about half. Magnums of fine wines are rarer, but ask about them as well. Screwcap wines come in fifths, jugs, or magnums, half- or full-gallon sizes.

■ WINES TO STORE IN TWO EASY CATEGORIES

Ready-to-drink wines: They are meant to be drunk young, no more than 3-4 years old, with a fairly rapid turnover. However, if you haven't touched a case of them for 6-9 months, try a bottle. You may want to drink them immediately.

Wines-to-lay-down: Because these wines come from vineyards with fine soil and vines and are made to improve with aging, they require more careful watching. From a case or even 6 bottles of wine, open and taste one every 12 months. Depending on the wine and your cellar, the wine may age faster, slower, or as predicted by the experts. The best of these wines, once they have reached their peak, may last years, even decades.

■ SERVING WINES

Order in which to serve wines:

Light, young wines precede heavier, older wines.

Dry wines usually precede sweet wines (though a Sauternes can be served with foie gras as a starter, best followed by a glass of good water and/or a dry white wine).

Reds generally follow whites.

Serving temperatures:

Wine at room temperature is an anachronism with today's controlled environments. The ideal temperature range for red wines is between 50°-60°. The finer reds should be served at the upper end of the scale, the smaller reds, cooler, and beaujolais at 50°. Ten minutes in a bucket of cold tap water will be enough to cool a bottle from about 70°. White Burgundies are best around 55° while other whites should be a bit cooler, 45° including champagnes and sparkling wines. Twenty or thirty minutes in ice water will do it for whites. The Wine Brique, a clay cylinder to wet with water, will keep the bottle cool once opened and on the table.

■ BOOKS ON WINE

Tasting wines is more important than reading about them. This article is to encourage you to go out and bring home some wines to discover for yourself. However, of the ever-growing number of wine books, there are a few excellent, basic introductions to wine. Buy one or all three:

The Signet Book of Wines, Alexis Bespaloff (New American Library, $1.75)

Which Wine?, Peter M.F. Sichel and Judy Ley (A & W Library, $5.75)

Wine Talk, Frank Prial (New York Times Books, $12.50)

Or for going deeper into cellars (for lay-down-and-drink-later wines), invest in at least one of the following:

New Encyclopedia of Wines & Spirits, Alexis Lichine (Knopf, $20)

Encyclopedia of Wines, Frank Schoonmaker (Hastings House, $7.95)

World Atlas of Wines, Hugh Johnson (Simon and Schuster, $7.95) ■

Entertaining with color
continued from page 131

Fish mousse

INGREDIENTS

1 cup milk
1 slice onion
½ bay leaf
6 peppercorns
1 tablespoon sweet butter
1 tablespoon flour
Salt
¾ pound smoked salmon
Juice of 1 lemon
1 cup mayonnaise, preferably homemade
½ tablespoon gelatin
1 cup chicken or fish stock
1 cup heavy cream

METHOD

☐ Combine the milk, onion slice, ½ bay leaf, and peppercorns in a heavy saucepan and simmer, covered, 5-6 minutes. Strain the mixture and reserve the milk. Melt the butter in another saucepan, stir in the flour, and cook, stirring, 5 minutes. Do not let the mixture take on any color. Add ½ the reserved milk and blend well. Whisk in the remaining milk and cook over moderate heat until thick, about 2 minutes. Stir in salt to taste.

☐ Place this sauce with the salmon, lemon juice, and mayonnaise in a blender or a food processor fitted with the steel blade and process until the mixture is very smooth.

☐ Sprinkle the gelatin on ¼ cup cold stock, let soften a few minutes, then blend into the rest of the stock in a saucepan.

FAST FOOD

RUNAWAY RAREBIT

How fast can a Rarebit go? Fast as you can make it.. with tomatoes on toast. Top it with melted Cheez Whiz process cheese spread. Keeps you hot on the track... and coming back for more.



syrupy. Then spoon it into the bottom of the wet mold and tilt the mold so that the aspic covers the bottom and corners well. Place the mold in the refrigerator for about 10 minutes, until the layer of aspic is slightly set.

☐ Remove a bit more of the warm aspic to the bowl and stir over cracked ice as before until syrupy. Dip some of the chilled vegetables in it, then arrange them in a decorative layer on top of the chilled aspic. Spoon more of the syrupy aspic over the vegetables and set the mold in the refrigerator to chill. Repeat this procedure until the mold is filled. Refrigerate the mold at least 6 hours, preferably longer, to make sure it is completely set. To unmold the ratatouille, have a chilled platter, sprinkled with a little cold water, ready. Slip a thin knife around the edges of the mold to loosen it slightly, then place the plate over the mold and invert them together in one motion. If the ratatouille sticks, shake the mold lightly. Garnish with lemon and cucumber slices and strips of red pepper. Serves 8-10.

Pears poached in red wine and fruit juice

INGREDIENTS

1 cup red Burgundy wine
1 cup raspberry or black currant juice or syrup
1 cup sugar
Juice of 1 lemon
2 cloves
Pinch ginger
Pinch cinnamon
6 pears, slightly underripe, peeled
1½ cups yogurt
1½ cups crème frâiche
Several tablespoons strawberry purée
Candied violets for garnish (optional)

METHOD

☐ Combine the wine, fruit juice, sugar, lemon juice, cloves, ginger, and cinnamon in an enameled casserole which will hold the pears. Bring to a boil, stirring occasionally. Drop the pears into the liquid and, pressing down on them with a wooden spoon, add boiling water to cover. Bring the pears to

Continued on next page

Cook over medium heat, stirring, until all the gelatin is dissolved. Let cool slightly, just until syrupy.

☐ Whip the cream in a bowl and mix together with ½ the gelatin mixture (aspic). Blend into the salmon mixture and spoon the mousse into a serving bowl or mold. While the remaining half of the aspic is still syrupy, brush or spoon it on top of the mousse. You may place decoratively sliced vegetables in the aspic if you wish. Chill several hours in the refrigerator. Serves 6-8.

Ratatouille in aspic

INGREDIENTS

1 small eggplant, cubed
1 zucchini, sliced
1-2 tomatoes, peeled and sliced
1-2 red or green peppers, cut into rings or small pieces
1-2 small onions, peeled and sliced
Several green or ripe olives, sliced
Salt
1½ tablespoons gelatin
3-cups chicken or veal stock, clarified
3 tablespoons red wine (optional)
1 lemon, sliced, for garnish
Cucumber slices for garnish

METHOD

☐ Drop the vegetables into a large pot of boiling salted water and lightly poach them for just a few minutes, or until tender. Remove with a slotted spoon, place on absorbent toweling, and, when they are drained, put them in the refrigerator to chill.

☐ Sprinkle the gelatin on ½ cup cold stock, let soften 3-4 minutes, then blend the gelatin into the rest of the stock in a saucepan. If you wish to add a few tablespoons of wine for flavor, decrease the stock by the same amount. Stir the gelatin-stock mixture over moderate heat until completely dissolved.

☐ Fill a large mold with cold water, then pour the water out but do not dry the mold. Remove a bit of the aspic mixture to a bowl and stir over cracked ice until it becomes

FAST FOOD

STICK SHIFTERS

Go from hungry to happy in no time. Just spread Kraft process cheese spread on salami slices and wrap 'em around crispy bread sticks. You're handling Stick shifters... on the road to snappy snacking! (Reusable glass jar, too!)



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a simmer, then cook gently 25-40 minutes, depending on the ripeness of the pears. Turn them over several times during cooking.

☐ If you wish to refrigerate the pears in the poaching liquid, remove them from the casserole, reduce the liquid until it is of a syrupy consistency, then return the pears to the casserole and refrigerate, covered. They will keep several days.

☐ Combine the yogurt, crème fraîche, and strawberry purée (purée fresh or frozen strawberries—if fresh, you may wish to sweeten the purée a little) in a small bowl and serve with the pears. Serve the pears on individual plates and then sprinkle with a few of the candied violets if desired. Serves 6.

Meringue with chestnut purée

INGREDIENTS

5 egg whites
Pinch cream of tartar
Pinch salt
1½ cups sugar
Vegetable oil
2 cans chestnut purée
1 cup brandy
1 teaspoon vanilla
1½ cups heavy cream, whipped
Unhulled strawberries for garnish

METHOD

☐ Beat the egg whites in a large bowl until they are frothy. Add the cream of tartar and continue beating. Add the salt and beat at medium-high speed, adding 1¼ cups sugar very gradually. Beat the egg whites until you have used all the sugar, and the whites are glossy and firm. Mound the meringue in a well-oiled 12-inch glass pie plate and use a spatula to smooth the bottom and form edges like a pie shell. Or, if you prefer, spoon the meringue onto a baking sheet lined with parchment paper to create a free-form pie shell. Bake the meringue on the middle shelf of a preheated 200° oven at least 2 hours, or until it is firm and dry. Cool on a rack.

☐ While the meringue cools, mix the chestnut purée, brandy, ¼ cup sugar, and the vanilla together in a bowl. Blend well. Fill the center of the cooled meringue with the mixture. Spoon or pipe whipped cream around the edges and on top, and decorate the dish with unhulled strawberries if you wish. Serves 6-8.

Chocolate heart mousse

INGREDIENTS

½ pound sweet butter
6 ounces sugar
2 cups brandy
½ pound semisweet chocolate, melted
2 cans chestnut purée
1 cup heavy cream, whipped
Candied violets for garnish (optional)

METHOD

☐ Cream the butter and sugar together in a large bowl until light and fluffy. Stir the brandy and melted chocolate together in another bowl until well blended, then stir in the chestnut purée. Gradually beat the chocolate-chestnut mixture into the creamed butter and sugar. Turn into a heart-shaped mold and chill several hours in the refrigerator. To unmold, dip the mold briefly in lukewarm water and invert onto a chilled platter. Pipe a border of whipped cream around the mousse and decorate the top with candied violets if desired. Serves 6-8. ■

each group. I like to assign colors based on personal association. For example, when I think of blue, I think 'blue chip, finances'—so all my financial matters are kept in a blue file. Or red, which to me signals something urgent, is the color I use for monthly bills, immediate matters. Yellow, a warm color, is saved for personal files. But color means different things to different people and for someone else these colors may have entirely different associations."

HOW TO ORGANIZE 300,000 BOOKS

"Color. It's the most effective way to organize so that people can easily find what they're looking for," says architect Ken White. He used a color-coding system recently in designing a new branch of the B. Dalton Booksellers in New York. Below, he describes the basic steps in establishing a successful color coding system:

1. Group materials into a workable number of categories. At Dalton, we narrowed the number down to ten by grouping related subjects together. For example, fiction and literature, science fiction, and mysteries are all one category.

2. Assign a color to each group. We considered the significance of color in relation to each subject being classified, as well as the overall design—how the colors work together.

3. Determine a way to manage the system. This is usually in the form of a color key. In the bookstore we've placed the key on the wall in the main entrances and we also pass out a small printed key, so customers will see the color relationships immediately."

4. Apply the colors. This can be done in several ways—in the carpeting, by painting bookshelves, hanging colored signs, using colored labels.

EXPERTS IN ORDER

If you need help in organizing your house or your files, here is a list of professional organizers across the country:

Jenneke Barton
ALL SYSTEMS GO

P.O. Box 1271
Cathedral Station
New York, N.Y. 10025
Margaret Cadman
LET'S GET ORGANIZED
245 East 35th Street
New York, N.Y. 10016
Ronni Eisenberg
41 Central Park West
New York, N.Y. 10023
Tish Kitchel
4200 Massachusetts Avenue
Washington, D.C. 20016
Mary Ann Laurens
482 Lloyd Avenue
Providence, R.I. 02906
Stella McBride
ORGANIZATION PLUS
1330 Rosemary Street
Denver, Colo. 80220
Maxine Ordesky
THE CREATIVE ORGANIZER
240 South Linden Drive
Beverly Hills, Calif. 90212
Stephanie Winston
THE ORGANIZING PRINCIPLE
230 East 15th Street
New York, N.Y. 10003

Color it safe
continued from page 153

dges of pits or platforms, and railings ground hazardous areas.
YELLOW AND BLACK CHECKERBOARD: to mark eye hazards and areas where flying particles may occur due to welding, grinding, handling of acids.
BLUE: to indicate equipment that should not be operated without permission, such as boiler, elevators, kilns; also as a marker for electrical boxes, generators, and equipment under repair.
GREEN: as an indicator of "safety" and the color for medicine, to mark first-aid stations, escape routes; also used for highway destination signs in most states; as an indicator for "go."
WHITE: for emergency vehicles, such as ambulances or police cars; with black, used for informational signs.
PURPLE AND YELLOW IN PROPELLER SHAPE: to mark hazardous material related to nuclear radiation.

Color around the house
continued from page 153

nhance the design of a room, according to rchitect Stanley Tigerman. "I once painted conduit black in a room with a natural ood background. Black became the color or the conduit and everything related to it. he point was to communicate with color nd at the same time add to the feeling of the oom. It's a lot of fun.

"I've done the same kind of thing with xposed pipes in houses. They can be coded ith all sorts of colors—blue for cold, red or hot, one for upstairs, another for ownstairs. You identify the pipes and at ie same time add some color to the room."

In a less obvious way, Joseph Braswell uses color to define a given area and its particular function in a room. For example, he uses blues to turn the bay window area of a large living room into a separate dining area. (See page 139.) By assigning one color, blue, to that part of the room he has started a code in which blue means dining room.

Mario Buatta suggests using color accessories to identify the season of the year. Bring out yellow and browns for fall, greens for spring, reds for summer, and blues for winter.

Electronic circuit
continued from page 52

voice on the instrument's loudspeaker asks the user to spell out a given word. As each letter button is pressed, the letter is pronounced. If the word is spelled right, the voice says: "That is correct—now spell 'language.'" When the word is spelled wrong, the voice says so. If the second guess is incorrect the voice says: "Wrong again. The correct spelling is ———."

Speak & Spell is also programmed to play several word games. It contains 230 commonly misspelled words in the order of difficulty. This vocabulary can be expanded by 150 more words by means of a small program cartridge called "Vowel Power," emphasizing the various vowel sounds. More program cartridges will be offered later. ■

Short course on glass
continued from page 88

crystal. The first sign of hazing is iridescence. Unless conditions are corrected the glass will turn translucent, then opaque, and finally disintegrate. Hazing can be safely removed only by professionals.

Special problems

Stubborn stains? Try rubbing the glass with half a lemon or washing it with vinegar. Never use scouring pads, cleansers, metal polishes, or other abrasives.

Stained vase or decanter? Try this: Fill it halfway up with vinegar and uncooked rice and shake. (Do wash vases, decanters, and bowls frequently, lest they develop a permanent ring or cloudy stain.)

Stuck ground-glass stopper? Apply warm (not hot) water and soft soap around the opening and gently try to twist out stopper. (Moral: Wipe ground-glass area and the neck of the vessel after each use.)

Small chips. See if a lapidary can grind the edge down.

Broken glassware. Glue is rarely as brilliant as good glass or crystal, and even when a nonyellowing glassware glue is used, the break will probably still be apparent. Never serve food or beverages on a glued surface—nearly all glues are toxic. Washing and heating ultimately unglue a repair. ■

SHOPPING INFORMATION

PRICES APPROXIMATE
State and local taxes additional.
***Consult your interior designer or department store decorating service.**

TALENT FOR COLOR
Pages 126-127
"Flower Garden" cotton chintz fabric: 48" wide. 24" repeat. $22.50. From Designers Guild. At Brunschwig*, NYC 10022.
Pages 132-133
"Baroque" cotton fabric: 45" wide. 18¾" repeat. From China Seas*, NYC 10021.
Handmade ceramic plate: By Lynn Evans. $35. At Gordon Foster, NYC 10021.
"Monaco" lavender wine glass. $10. **"Boutique" flatware:** Enamel on stainless steel. 5 pc. place setting, $30. By Villeroy & Boch. At Gumps, San Francisco 94108.

APARTMENT FULL OF COLOR
Pages 134-137
Living room
Upholstered furniture: From Thomas De Angelis*, NYC 10021.
"Floral Bouquet" glazed cotton chintz fabric on sofa and ottoman: 31" wide. 42½" repeat. **"Quad Check" spun and Bemburg rayon fabric on chairs:** 50" wide. From Italy. From Lee/Jofa*, NYC 10022.
"Pamir" wool durrie rug: Custom colors and sizes. In stock sizes 6' x 9' to 12' x 18'. From Rosecore Carpets*, NYC 10022.
Painting: From Haller Gallery, NYC 10022.
Collection of English Staffordshire porcelain: From Elizabeth LeConey Antiques, Dallas, Tex. 75205.
Library
Axminster "Doeskin" carpeting: 27" wide. From Rosecore Carpets*, NYC 10022.
Collection of prints: At Elizabeth LeConey Antiques, Dallas, Tex. 75205.
"Whippets Print" glazed cotton chintz on sofa: 53-54" wide. 25¼" repeat. From England. From Lee/Jofa*, NYC 10022.
"Artigny" fabric on chairs: Warped silk effect on glazed cotton chintz. From France. From Clarence House Imports*, NYC 10022.
Dining room
Collection of English Staffordshire porcelain: From Elizabeth LeConey Antiques, Dallas, Tex. 75205.
"Jardin d'Orient" wallpaper: 24½" wide. 54" repeat. Handscreened. Custom colored. From Louis Bowen*, NYC 10022.
Hallway
"The Incurable Collector" trompe l'oeil wallpaper: 28" wide. 47½" repeat. From Clarence House*, NYC 10022.
Master bedroom
Bed hangings and draperies: Custom made by Belfair Draperies*, NYC 10021. **"Les Roseaux Tropicaux" glazed cotton chintz:** 61" wide. 52½" repeat. From Brunschwig*, NYC 10022.
"Bessarabian Floral" wool durrie rug: From Rosecore Carpets*, NYC 10022.

TALENT FOR COLOR
Pages 138-139
"Giverny" cotton chintz fabric: 55" wide.
Continued on next page

39" repeat. $60 a yd. From Manuel Canovas*, NYC 10022.
"Panama" glazed cotton chintz: 52" wide. 21" repeat. "Panama" wallpaper: 25⅞" wide 20¾" repeat. Both from Brunschwig*, NYC 10022.
All-purpose shears: Blue blades. White handles. $5. At Manhattan Ad Hoc Housewares, NYC 10021.

SMALL-SPACE KITCHEN
Page 147
Wallpaper: Faux Portuguese tiles. By Kneedler/Fauchere. From Bayberry Handprints*, NYC 10022.
Vinyl tiles with slate finish: 12" sq. At The East Side Peiser, NYC 10028.

COLOR TO GO
Pages 148-149
2. "Celadon" porcelain Directoire tureen: 15" handle to handle. 9" h. $345. **Platter:** 16" d. $115. At Ceralene. NYC 10022. **"Mesanges" Limoges dinnerware:** 5-pc. placesetting. $62.75. By Robert Haviland and C. Parlon. At Mayhew, NYC 10022; George Watts, Milwaukee 53202. Gumps, San Francisco 94108. **"Wincanton" cotton fabric:** 54" wide. 27" repeat. Scotchgard finish. $9 a yd. From Royal Pavilion Collection by Waverly. At Lord & Taylor, NYC 10018.
3. Electric egg cooker: Heat resistant base. Breakproof cover. Rack and poaching dishes, dishwasher safe. $16.50. By National Presto. At Hammacher Schlemmer, NYC 10022. **"Great American Green Machine" salad dryer:** Electric motor. 9" h. $20. By American Electric. At Marshall Field, Chicago 60690. **Spray/Steam/Dry Iron:** 29 steam vents. "Temp-O-Guide" chart. "See-Thru" 10-oz. water tank. $32.50. By Proctor-Silex. **"Baroque" cotton fabric:** 45" wide. 18¾" repeat. From China Seas*, NYC 10021.
4. Party chair: 25" x 22" x 32" x 17½" sh. Carved wood frame in waxed finish. Custom colored. **5. Upholstered parson style side chair:** 20" x 23" x 37" x 19" sh. Both by Weiman/Warren Lloyd.
6. Wing chair: 24½" x 30" x 43" h. Scalloped apron. By Harden Furniture.
7. Hand-painted pillow: Air-brushed wheat on silver satin. 21" sq. $50. By Adam for Domani Interiors. NYC 10001. At Bloomingdale's, NYC 10022; Sakowitz, Houston 77002. **Carlton Ware teapot:** $15. At Jenny B. Goode, NYC 10028. **"Paisley" polyester and cotton napkins:** $2.50 ea. Tablecloth: 72" d. $28. By Bill Blass for Kemp & Beatley. At Higbee's, Cleveland 44113.
"Prestonfield" cotton fabric: 48" wide. 12" repeat. $24 a yd. By Ian Crawford, Ltd. Shown at Eaglesham Prints*, NYC 10022.
8. "Adonis-G" all-electronic telephone: One-piece unit. Lightweight. Stand-up capability. $149. By Allied Telecommunication. At Radio Shack, NYC 10004. **"Concept 6" Suomi porcelain teapot:** $85. **Covered sugar:** $39. **Creamer:** $39. All by Rosenthal USA. At Bloomingdale's, NYC 10022. **"Akimbo" cotton fabric:** 54" wide. 5½" repeat. From S.M. Hexter*, NYC 10022. **"Ming" wallpaper:** 27" repeat. $14.95 a roll. From W.H.S. Lloyd*, NYC 10022.
9. Upholstered armchair: 33" sq. x 33½" x 17" sh. Loose seat cushion, rounded arms and back. By John Mascheroni for Swaim.
10. Sofa: 91" x 36" x 29" x 17½" sh. Three loose boxy weltless seat cushions, six 20" weltless throw pillows, rolled arms, bun feet. By Cenutry.
11. Adams "Ming Jade" earthenware: Hexagon shape. "Calyx" glaze. Dishwasher safe. 5-pc. set, $30. From Wedgwood. **"Bois de Boulogne" and "Cache Pot" wallpapers:** Both 27" wide. Repeat: 27". $42 a roll. From First Editions*, NYC 10022.
Pages 150-151
2. Sofa: 64" x 36" x 33" x 19½" sh. One loose cushion, two loose back cushions, four square throw pillows. By Drexel Heritage.
3. Sofa: 80" x 38" x 34" x 20" sh. Loose box and back cushions, three throw pillows, rolled arms, bun feet. By Weiman/Warren Lloyd.
4. Velvet camelback sofa: 87" x 36½" x 32½" x 17" sh. One loose seat cushion, three loose oblong back pillows, two oblong side pillows, two throw pillows. By Henredon.
5. "Olympus" sofa: 88" x 67" x 34" x 32" h. Three loose seat cushions, four throw pillows. By Angelo Donghia for Kroehler.
6. Vertically striped tuxedo sofa: One loose cushion, three oblong back pillows, two side pillows. 78" x 35" x 31" x 17" sh. From Directional*, NYC 10022.
7. "Shangri-La" cotton and linen fabric: 50" wide. 27" repeat. $30 a yd. From Jack Lenor Larsen*, NYC 10022. **"Celadon Chrysanthemum" fluted bowl:** 8" d. $16. By Fitz and Floyd. **"Chateau" table:** 23" sq. x 21" h. At W. & J. Sloane, NYC 10018. "Celadon Octagonal" porcelain: 5 pc. placesetting, $100. At Ceralene, NYC 10022. **"Parquet" wallpaper:** 27" wide. 24" repeat. $36 a roll. From First Editions*, NYC 10022. **"Fresh Mint" Dacron polyester and cotton pillowcase:** about $7.50. By Martex, West-Point Pepperell.
8. Bergére: Carved wood frame. At W. & J. Sloane, NYC 10018. **"Virginia shaded yellow" wineglasses:** 7 oz. Goblets: 12 oz. Both lead crystal. From France. $18 ea. At Carole Stupell, NYC 10022. "Jardin Secret" cotton chintz: 55" wide. 51" repeat. $60 a yd. From Manuel Canovas*, NYC 10022.
9. Hand-painted pillows: Textile dyes on natural color muslin. Custom designs and colors. By Stephen Montgomery, 340 E. 57 St., NYC 10022. **Holmegaard "Blue Hour" cocktail glass:** 7½ oz. $14.50. **Double old-fashioned:** 13 oz. $18. **Tumbler:** 15 oz. $18. All at Royal Copenhagen, NYC 10022. **"Spil-Guard" ice trays:** Rubberized plastic. $4.50. At Hammacher Schlemmer. **"Rubans" wallpaper:** 30" wide. 21" repeat. $31.50 a roll. From Carta Divina*, NYC 10016.
10. Portable black and white television: 17 15/16" x 12 5/16" x 11¾" h. In ebony, white, and avocado. By Zenith. **6-qt. electric ice-cream maker:** Maple tub. Cast-iron tinned mixers. Beechwood scrapers. $129.95. At Hammacher Schlemmer, NYC 10021. **"Campana Green Mist" Venetian goblet:** 12 oz. **Wineglass:** 7 oz. From Italy. Pair, $30. At Carole Stupell, NYC 10022. **"Terra Tapestry" tiles:** 12" x ½" thick, $5 a sq. ft. By Franciscan Tile. **"Bora" cotton fabric:** 54" wide. 25" repeat. Scotchgard finish. $12 a yd. By Serena Mascheroni for Covington Fabrics. At Abraham and Straus, Brooklyn, NY 11201; The Home Furnishings Stores, New Orleans, La. 70130.
11. Carlton Ware pitcher: $14.50. **Toast rack:** $12. **Salt and pepper:** $9.50. **Serving bowl:** $13.50. At Jenny B. Goode, NYC 10028. **"Charmina" Creslan acrylic blanket:** 5" nylon binding. Twin, $17. Full, $19 Queen, $23. King, $25.50. By J.P. Stevens. **"Orangerie" cotton chintz:** 51" wide. 37 half-drop repeat. $25 a yd. From Brunschwig*, NYC 10022.

FLOWERS IN STITCHES
Pages 164-165
Placemat kit: 4 poly and cotton printed placemats, 12" x 17". Cotton thread, needle, and instructions included. $12.45 ppd. **Napkin kit:** 4 poly and cotton printed napkins, 17" sq. Cotton thread, needle, and instructions included. $11.45 ppd. By Eric Wilson for Columbia Minerva. At Eric Wilson Needle Work Shop, 717 Madison Ave., NYC 10021.
"Libellule" French faïence hand-painted dinnerware: 5 pc. place setting, $36. By Longchamp. **Porcelain salts and peppers:** $8 pr. By Louis Lourioux. Heart-shaped **Limoges box:** $33. All at Mayhew, NYC 10022; George Watts, Milwaukee 53202. Port O'Call, Pasadena, Calif. 91101.
"St. Mark" sterling luncheon set: 5 pc. place setting, $295. At Buccellati, NYC 10022.
Terra-cotta leaf baskets: Glazed interior $12.50 ea. At Cache-Cache, NYC 10022.
Ash ladderback chair: Rush seat. $65. At Design Research, NYC 10022.

THE MAGIC MODULE
Pages 166-167
"Fresh Mint" Dacron polyester and cotton sheets: King, about $18.50. Queen, about $14. Twin, about $8.50. Full, about $10.50. Pillowcases, about $7.50 a pair. By Martex, WestPoint Pepperell.
Lacquer tray table: 37" x 32" x 15" h. $1,425. From Paul M. Jones*, NYC 10022.
Chrome pharmacy lamp: Adjustable. 1 head. $70. At Bloomingdale's, NYC 10022.
Painting above fireplace: "September," oil on canvas. 44" x 50". By Tom Stokes, 197 $1,800. Painting behind couch: "Southeast Wind," oil on canvas, 52" x 54". By Eli Moore. $2,000. Both at Betty Parsons Gallery, NYC 10019.
Striped wool durrie rug: 15.7' x 12'. From India. $4,000. From Coury Rugs*, NYC 10022.
Brass fireplace screen with black mesh: 2 x 12" x 30" h. $75. **Brass tool set:** Stand brush, poker, tongs, and shovel. $650. **Cast-iron firedogs:** $45. At Danny Alessandro, NYC 10021.
Fabrics covering slipcovers: "Molly" cotton genuine batik: 40" wide. 13" repeat. **"Java" cotton fabric:** 54" wide. Overall repeat. Both from China Seas*, NYC 10021.
"Irish Chain" cotton quilt: 68" x 7 c. 1885. $400. At America Hurrah, NYC 10021.
Three-handled poreclain vase: From Persia $60. At Limited Editions, NYC 10021.
other vases on mantel: Porcelain. Antique From China. From John Rosselli*, NYC 10021.
Ceramic charger: 18" d. Handmade. $1 From LCS*, NYC 10021.

MANUSCRIPTS
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PICTURE PLATE HOW-TO
Pages 172-175

"Michaela" porcelain buffet platter: 12¼" d. $92. **Dinner plate:** 10¾" d. $40.50. **Salad plate:** 7½" d. $23.50. At Gump's, San Francisco 94108.

"Fiddle Thread" handmade sterling flatware: 5 pc. place setting, $355. At James Robinson, NYC 10022.

Buffet serving cart: 46" x 17¼" x 29" h. Heating area, 27½" x 15½". Solid walnut. Brass knob handles and trim. Shelves and drawers lined with heat and alcohol-proof white plastic. **"Sovereign hotray":** 29½" x 15½". $77. **"Smorgasbord hotray":** 9½" x 52½". $99. Both with mirror-finish aluminum trim. Handles, walnut trim. Adjustable temperature control with "off" position. "Sunspot" with pilot light. All by Salton.

Electric plate cozy: Heats 10" and 12" plates. Insulated, white or gold textured cotton. $24. At Hammacher Schlemmer.

BUILDING DATA

Materials and equipment for the kitchen on page 146

MATERIALS

Floors: Existing parquet floor.
Walls: Existing plaster painted with "Linen White" by Benjamin Moore.
Butcher-block countertops: Custom made.
Cabinets: Custom made with black Formica finish. By Formica.
Lighting: Suspend modular track. Brushed aluminum and chrome. Display hooks for hanging pots. By Lightolier.
Hardware: Danish-designed chrome faucet and handles. By Vola Architecture Complements.

MAJOR APPLIANCES

6-burner gas range: Black metal enamel finish. 2 ovens, porcelain interiors, high shelf, and 24" griddle and broiler. **Ventilating hood:** Custom made. **Refrigerator/freezer:** 24" deep. White front panels. By Sub-Zero. **Sink:** Stainless steel. By Elkay.

Materials and equipment for the Kitchen on pages 144-145

MATERIALS

Floors: Custom camel-colored vinyl tiles. By Parker Tile.
"Box on Box" vinyl wallcovering: In stock and custom colors. From First Editions*, NYC 10022.
Moss green countertops and wheat backsplash: By Formica.
White plastic laminate cabinets: From West Germany. By Tielsa Contemporary Systems.

MAJOR APPLIANCES

Bi-level oven: Black glass front. By Thermador. **2-burner electric cooktop with grill:** Stainless steel. By Jenn-Air. **2-burner ceramic cooktop:** By Amana. **Refrigerator/freezer:** By Sub-Zero. **Dishwasher:** By KitchenAid. **Disposer:** By Waste King Universal. **Stacked washer and dryer:** By Westinghouse. **Compactor:** By KitchenAid. **Undercounter bar refrigerator:** By Sub-Zero. **Stainless steel kitchen and vegetable sink:** By Elkay.

FURNISHINGS

Carpeting: Wool. Green and camel pin dot. From Judd Schechter, NYC 10010. **Rattan stools, table base, chairs, and sofa:** Walters' Wicker*, NYC 10022. **Cushion covers:** Custom colored. From & Vice Versa*. NYC 10022.

Materials and equipment used in the house on pages 154-159

ARCHITECTS: Peter Coan, Franklin Salasky, Amy Semmes, and Yann Weymouth of Redroof Design.
CONTRACTORS: Rio Raikes and Joe Speranza of The Roxbury Contractors
INTERIOR DESIGNERS: The Roxbury Contractors.
SIZE OF HOUSE: 1,900 square feet
SIZE OF LOT: 7 acres

STRUCTURE

Foundation: Concrete block
Framing: Original framing and wood studs.

EXTERIOR OF HOUSE

Exterior walls: Original weathered barn siding and original clapboard.
Exterior stains: Cuprinol wood preserver and white paint on cobbler's shop.
Roof: Asphalt shingles.
Insulation: Fiberglass throughout.
Windows and doors: Original wood sashes, new wood hoppers, board and batten doors, and antique French cherry doors.
Greenhouse: Prefabricated aluminum and glass greenhouse by Janco.

INTERIOR OF HOUSE

Interior walls and ceilings: Drywall or original plaster throughout.
Floors: Wide solid oak planks in barn and greenhouse; original and new pine planks in cobbler's shop.
Furnishings and accessories: Pencil post bed from I.M. Wiesse; kitchen accessories from Manhattan Ad Hoc Housewares.
Lighting fixtures: Lightolier Lyte-trim shelf in living room; Alko Little-Inch light under shelf in kitchen; Swivelier lamps in kitchen and hallway of cobbler's shop; Lutron dimmers; custom exterior light of wood and sheet metal by Redroof Design.
Exterior paints: #2546 Feather Grey matte paint on barn perimeter walls; white gloss paint on new walls in barn; white matte paint on walls in cobbler's shop all by Pratt & Lambert.
Fireplace: Antique white pine Adam mantel and brick chimney.
Hardware: Antique.
Music system: Brionvega.
Kitchen and bathroom cabinets: Custom.
Kitchen countertop: Custom white pine 3-inch slab.
Plumbing fixtures: Kitchen sink by Kohler; all others, old reconditioned fixtures.

MECHANICAL EQUIPMENT AND APPLIANCES

Appliances: Dishwasher by KichenAid; refrigerator and washer-dryer by Frigidaire; antique oven.
Heating system: Oil-fired heating. ■

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Plants around the house
continued from page 72

tub with tepid water until the dish drainers are submerged. Put the pots on the drainers. The bottom half inch of the pots should just touch the water.

The pots will wick or blot up water for the first week or so. After that, the water level will have dropped to where it is no longer touching the pots. However, the humidity will be so high, the plants will still do fine for a couple of weeks more. Don't, in the hope of keeping things moist longer, submerge the pots deeper than the level of the gravel lining their bottoms. If the soil is in water, it will draw enough moisture to give your plants a mud bath and probably drown them at the same time.

Clear plastic secured across the bathtub will help plants survive even better, maintaining the humidity at a pleasant, greenhouse level. If your tub happens to be one of those unusual ones that gets a number of hours of direct sunlight daily, however, be sure to leave some corners of the plastic unsealed for a bit of cooling air circulation; otherwise you're liable to end up with a collection of cooked greenery when you return. If you have no light in your bathroom, you will need to leave the artificial light on during your vacation! ■

How to wick pots
continued from page 64

wick, like that of a kerosene lamp, will constantly bring water up from the reservoir to the soil.

Wicking is ideal for plants in an office environment, where care is often limited to a good dousing Fridays on the way out the door. It's also fine for guest rooms and other little used rooms in the house.

Plants with wicks need fertilizing from the top as usual, not from the reservoir. Pouring fertilizer into the reservoir will lead to all sorts of crusty deposits. In the long run it can also reduce the liquid-carrying capacity of the wick. ■



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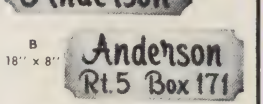
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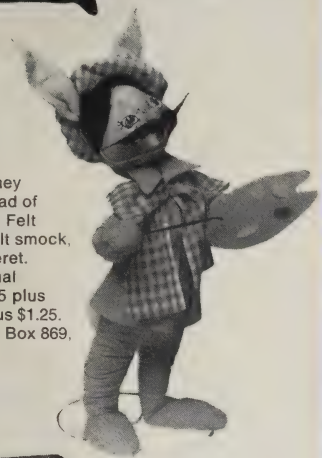


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ARTIST AT WORK

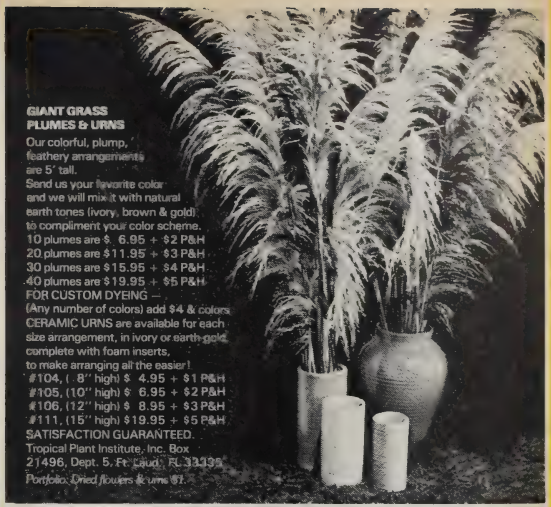
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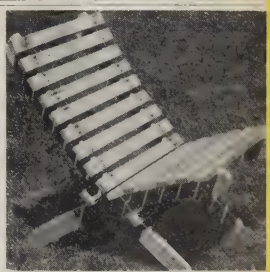


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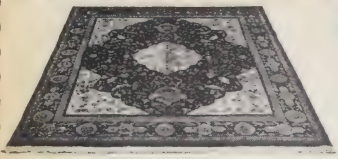
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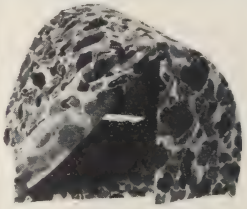
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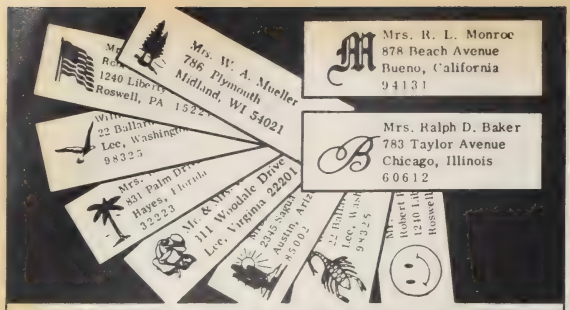
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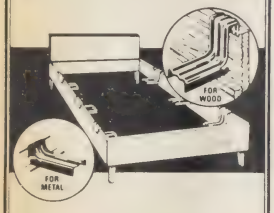
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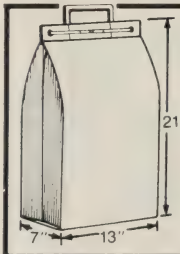
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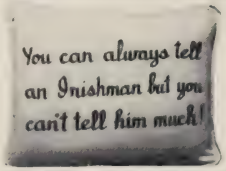


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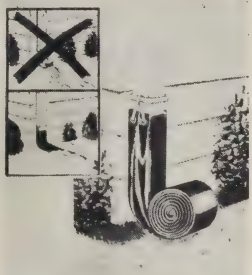
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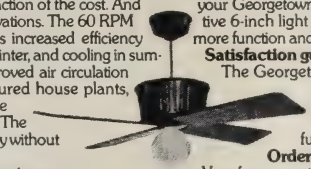
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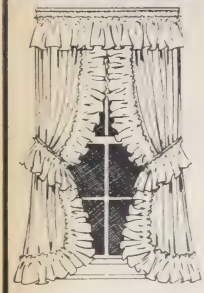
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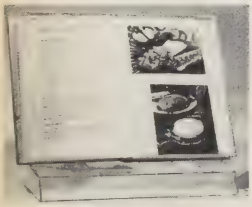
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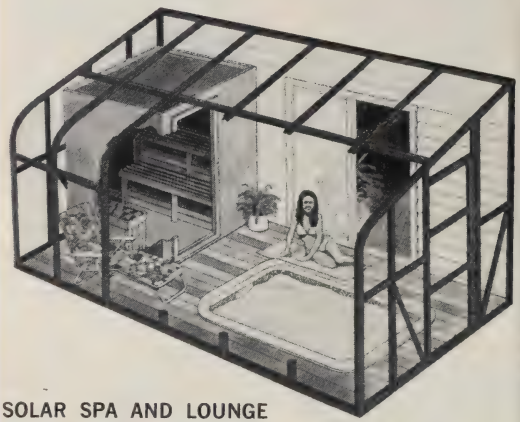
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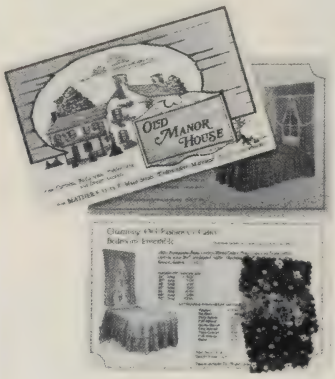
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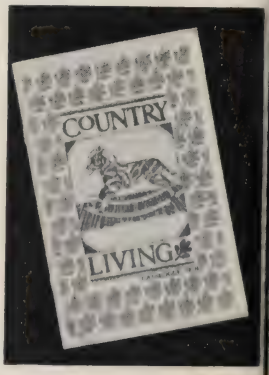


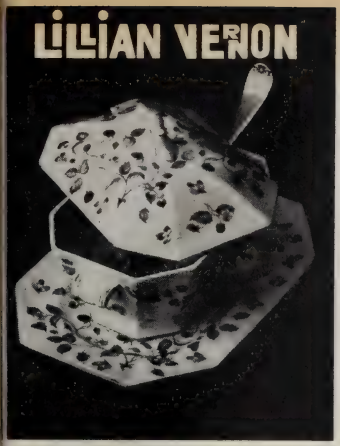
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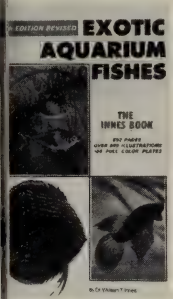
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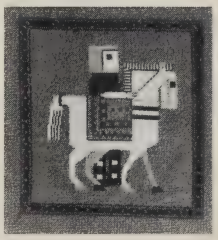


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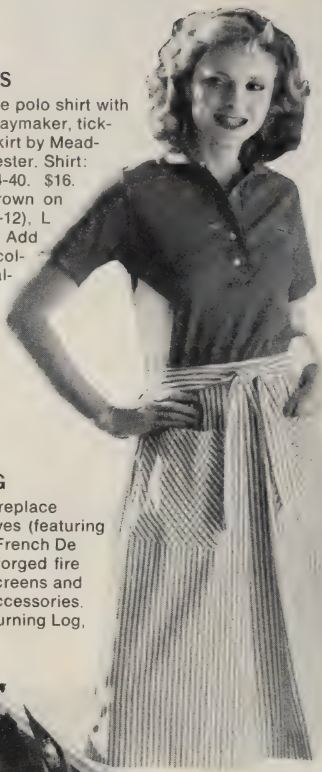
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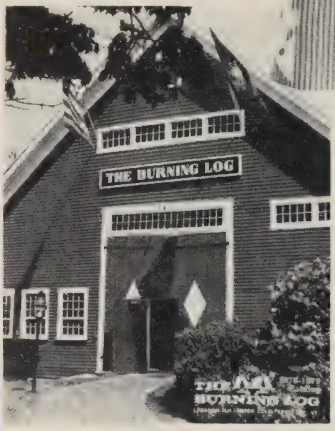
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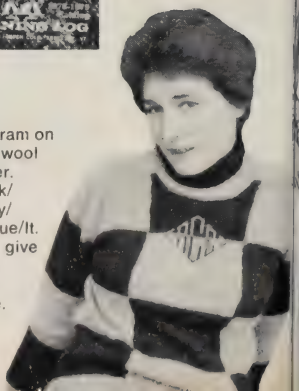
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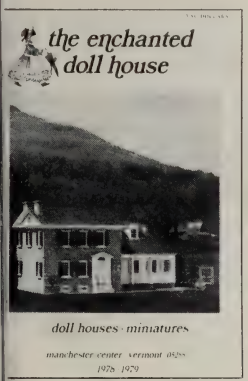
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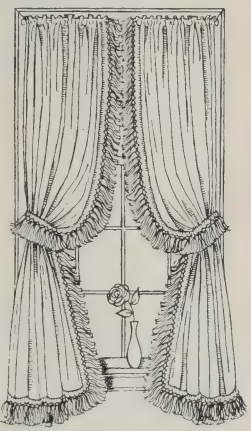
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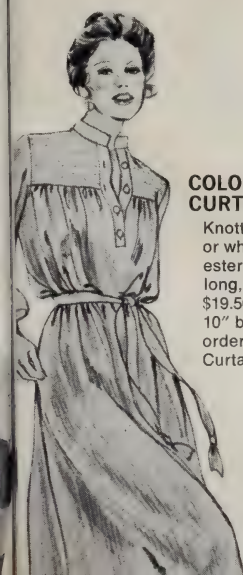
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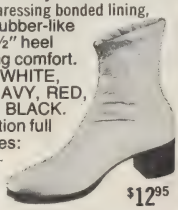
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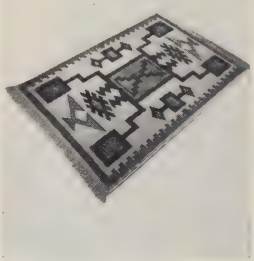
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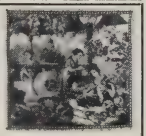


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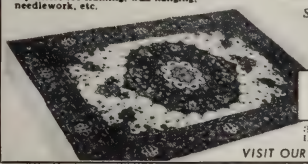
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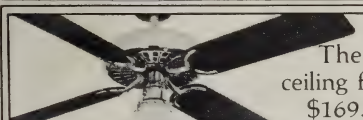


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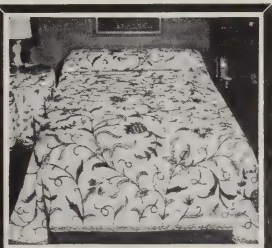


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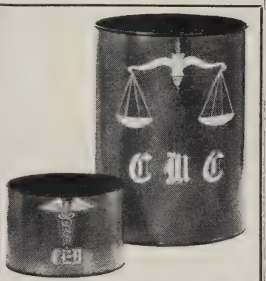
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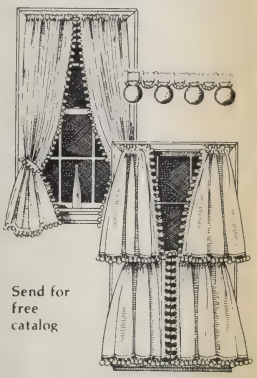
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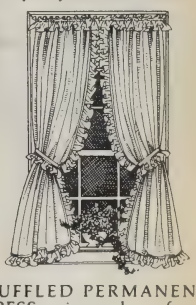
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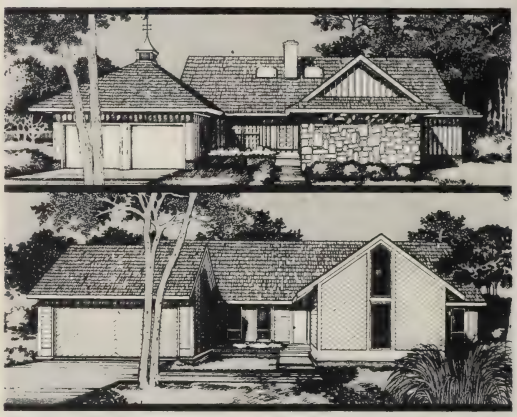
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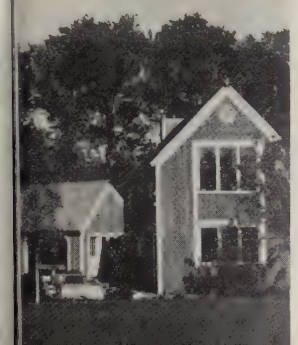
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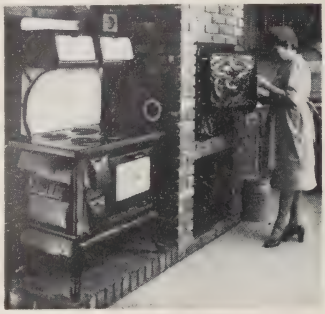
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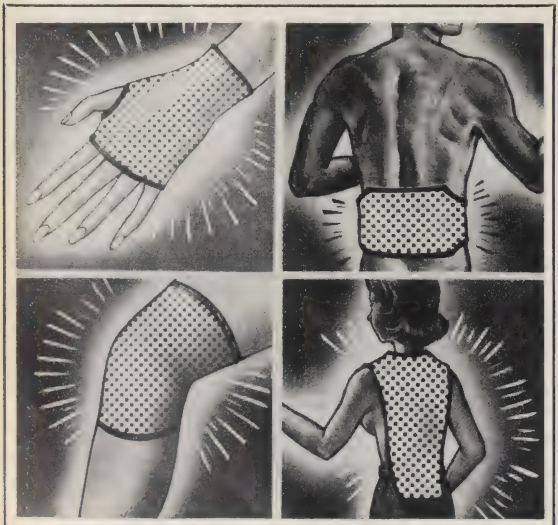
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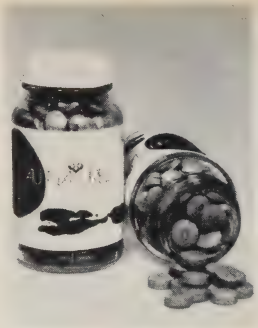
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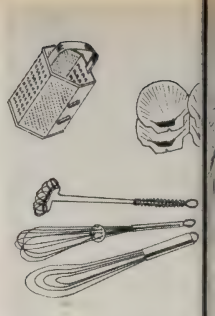
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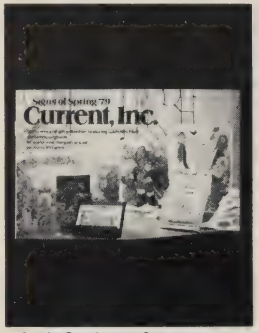
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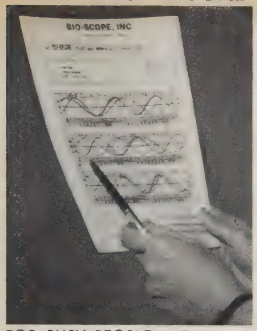
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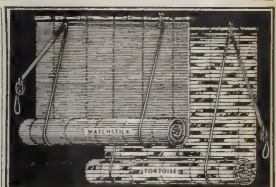
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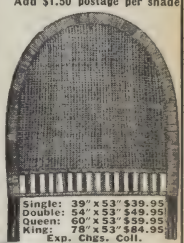


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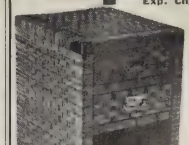
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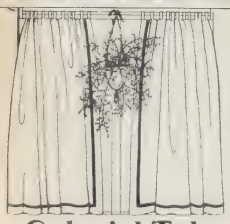


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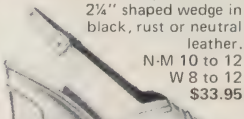
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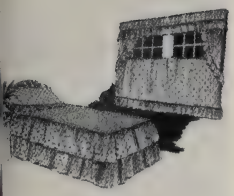
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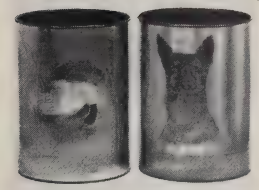
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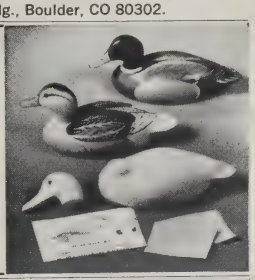


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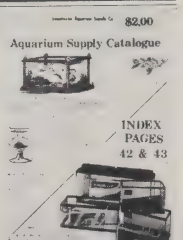


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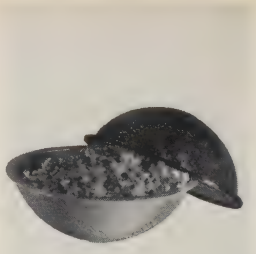
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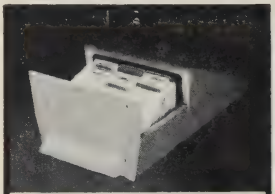
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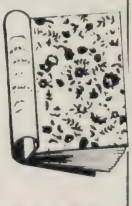
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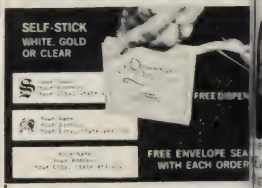
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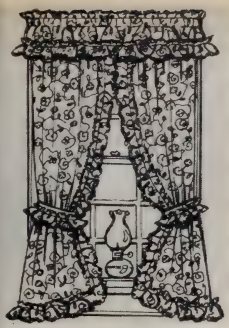
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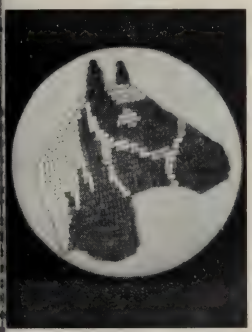
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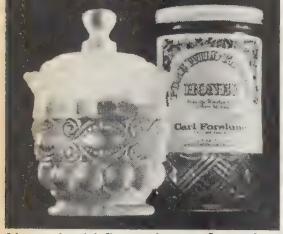
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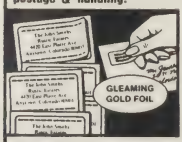


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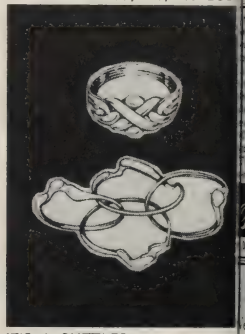
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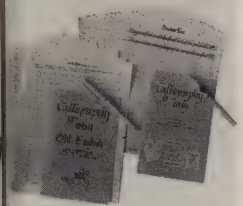


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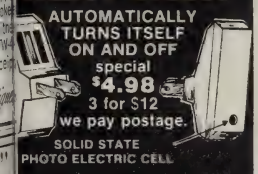
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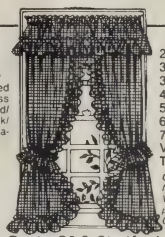
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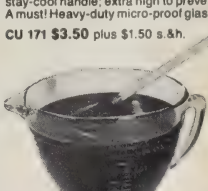
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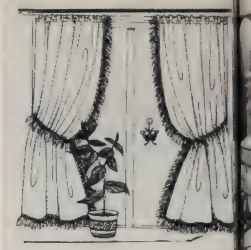
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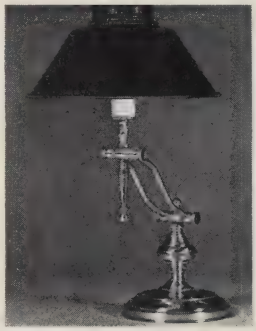
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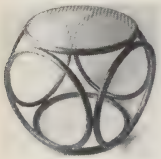
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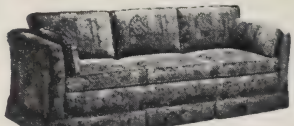


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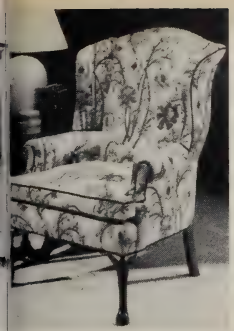
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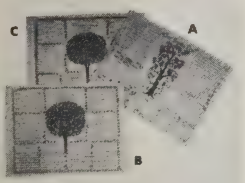


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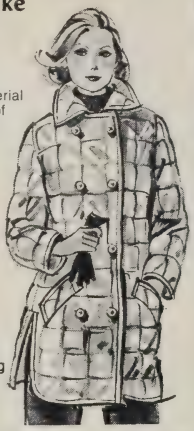
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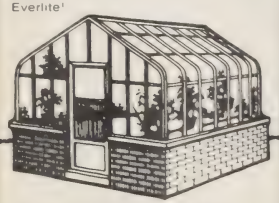
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GARDENER'S NOTES



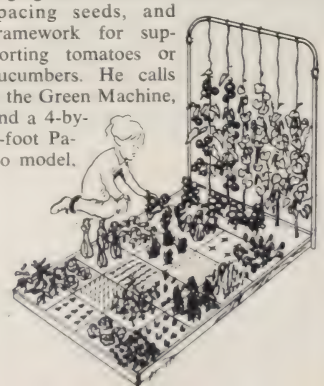
By James Fanning

Timely tips for spring planting

Plus top flower shows, how to foil moles, and new gardening books

■ SQUARE-FOOT GARDENING

Directed toward problems of gardening, the trained eye of a professional engineer might be expected to come up with some extraordinary answers. The expertise of Mel Bartholomew, however, has produced answers that are nothing less than staggering in their simple practicality. For instance, instead of going through all the involved carpentry that usually goes into a coldframe, he (page 162) slants the soil upon which the frame rests, rather than the frame itself. Digging and raking the soil to make a slope automatically creates a good bed for seeding, and a simple, four-square frame of 2-by-4's, laid on the ground, is all the support needed for the secondhand storm windows that shelter the seedlings. More 2-by-4 frames are stacked on top of the first one as the plants grow, and the sash on top is simply rotated or slid off to control heat. Another example of Mr. Bartholomew's fresh-eyed approach is his advocacy of single-seed planting. Poking seeds one by one through slits in a square of indoor-outdoor carpeting may seem needlessly time-consuming, but when you're dealing with the small areas involved in a kitchen garden for a small family it really makes sense. Why bother to plant 50 seeds and pull out 41 of the seedlings when you only need 9 plants? To make his ideas absolutely clear and practicable, Mr. Bartholomew has assembled a kit that includes wood edging, soil, fertilizer, mats with slits for spacing seeds, and framework for supporting tomatoes or cucumbers. He calls it the Green Machine, and a 4-by-4-foot Patio model, suitable for patio, rooftop, or indoors, sells for $49.50, plus $8.50 for packing and shipping. The address is Square Foot Gardening, Pheasant Run Farm, Old Field, N.Y. 11733.



■ ROOT WRAPPINGS

With spring planting just around the corner, it's a good idea to remember that, like so many other things, the planting process itself has changed with the times. This is particularly important when it comes to the planting of balled-and-burlapped trees and shrubs. Burlap made from hemp or other natural fibers is hardly ever used for wrapping plant roots nowadays. Plastic has the great advantage of being impervious to moisture so that roots do not dry out as quickly as they would if wrapped in burlap. This is an advantage to the nurseryman, who saves water and watering time and can hold plants in good condition for a longer time than with the older material. However, a material that holds water in will also hold water out and, since it does not decay, the effect can last for years. So, when you're planting trees or shrubs with plastic-wrapped root balls make sure to remove the wrapping before filling the planting hole with soil.

■ BEST SHOWS

March is flower-show time, the great whetter of gardening appetites preparing for the growing season ahead. There are shows and shows, of course, but three among them have become the nation's leaders—garden-minded people would no more skip the annual pilgrimage to Boston, Chicago, or Philadelphia than they would skip Thanksgiving turkey. Here are the dates for 1979:

Boston. Mar. 17 to 20, at Commonwealth Pier, right next to the newly rehabilitated Fanueil Hall area. Telephone for the show office: 617-536-9280.

Chicago. Mar. 24 to Apr. 1, at McCormick Place, the fabulous lakeshore convention center. Telephone: 312-332-1984.

Philadelphia. Mar. 18 to 25, at the Philadelphia Civic Center, in the heart of the nation's birthplace. Telephone: 215-625-8250.

■ STOPPING MOLES

Edwin Eberman (page 160) uses mol plant to keep burrowing moles awa from his garden. Botanists know th plant as Euphorbia lathyris. It is als known as caper spurge, because the see pods are the same size and shape as ca pers and the mole-repellant qualities o the plant have been known for centuries It may be either annual or biennial de

pending on climate. Like many other euphorbias, the leaves, stems, and roots have an acrid milky sap that most animals find objectionable. This is particularly true for moles, since the sap penetrates their fine-textured fur and blisters the tender skin beneath. One plant every 10 feet is enough to do the job. Since many gardeners think of mole plant as a weed, it is seldom available from seedsmen. One who does list it though is J.L. Hudson, P.O. Box 1058, Redwood City, Calif. 94064; and plants are available from Taylor's Herb Gardens, 1535 Lone Oak Road, Vista, Calif. 92083. Both catalogues cost 50¢.

■ THIN EDGE

Sand, to the gardener, is an essential part of soil, acting as a loosener and aerator, helping roots to penetrate and water to percolate. To the ecologist it is important in a different way, being a basic material of the earth-and-water combination upon which all life depends. This basic interdependence is nowhere more evident than at the edge where sea meets land, where these minute particles of rock act as buffers between gnawing waves and firm, dry land. This edge of sand is indeed a thin one—measured in miles it is no more than an infinitesimal part of the land mass of a continent. Yet the effects of whatever happens to this edge are felt all the way back to the continent's center, and we tamper with it at our peril. Among ecologists, no one is more keenly aware of the far-reaching effects of tampering with the continental edge than Anne W. Simon. In her slim but information-packed book, *The Thin Edge* (Harper & Row, $10; Avon paperback, $2.50), Mrs. Simon clearly explains the interactions and interdependencies of this fragile strip of shoreline. Her telling-it-the-way-it-is approach is fascinating in itself, as well as providing food for mature thought by all of us.

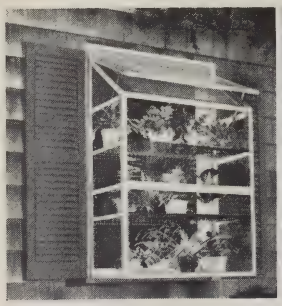
■ GIVING PLANTS

House plants are gifts much appreciated by giver and receiver alike. Most of us tend to think of them for invalids and shut-ins, but actually, plants are appropriate for almost anyone, on almost any occasion. Virginie and George Elbert, drawing on their own wide experience of growing and giving plants, have assembled a book to explain what to give to whom, and when. Titled *House Plants for Gift Giving* (Farm Journal, Inc., Doubleday & Co., distributor, $8.95), the Elberts' book recognizes 3 types of recipients for gift plants—beginners, intermediates, and experts. Each of the plants listed is rated for its suitability for one category or another, also as to its appropriateness for weddings, birthdays, or holiday giving. Cultural instructions are given in simple terms, and are complete enough to be used as a day-to-day growing guide. ■

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Money matters
continued from page 38

lege costs. Here are just some of the many possibilities:

Advanced placement: If your child is very bright and has taken some advanced-level courses in high school, he or she may be able to get college credits for those courses. In some cases, that could shave as much as one year off his or her college education. That would save 25 percent of the cost of tuition, room and board, travel, and books by letting him or her whiz through college in 3 years instead of 4.

Merit scholarships: Some 400 colleges now offer scholarships that are based on academic achievement, rather than on need. In addition, almost half the states have scholarship money for students who meet their academic qualifications. The scholarships, which range between $250 and $1,000, are awarded to residents of the state who attend state college in that state. Your child's guidance counselor can give you more information on this subject. National Merit Scholarships are awarded to those students who do well on the Preliminary Scholastic Aptitude Tests (PSAT), which also serve as National Merit Scholarship Qualifying Tests (NMSQT) and are generally given in the beginning of the junior year of high school. While your income and financial need is taken into account, it is not the sole criterion. The amount awarded over 4 years can range between $1,000 and $6,000. Finally, your child may be able to win a scholarship that is designed to encourage students from particular religious or ethnic background or those who are entering specialized fields of study such as marketing. Again, ask your child's high school guidance counselor. Also ask the college to which your child applies for scholarship information.

Arms and the scholar: Whatever you do, don't overlook the possibility of a Reserve Officers Training Corps scholarship—one of the handsomest around. ROTC scholarships pay all tuition costs and also give the student an allowance of $100 a month. Your child has to apply for the scholarship in his or her junior year of high school. Chances of winning the scholarship are good if he or she scores well on the Scholastic Aptitude Test and shows a good history of being involved in school activities. While this program will save you the cost of sending your child to college, it will cost your child four years in the military after graduation. A military recruiter is the person to see for information.

Work programs: If your child has worked summers or weekends and developed some usable skills, he can help defray some of the costs of college by working part-time. Alternatively, your child might be able to enter a cooperative education program. These work-study programs, which are being offered by a growing number of schools, alternate a period of work with a period of study. In addition to helping defray some of the cost of college, a cooperative education program also helps your child get an advantage over the competition by giving him some experience. The majority of students in these programs are offered jobs in the fields they have been working in, thanks to the experience they have developed. The National Commission for Cooperative Education in Boston, Mass. can give you more information. ■

REQUIRED READING LIST FOR PARENTS AND STUDENTS

Here are additional sources of information for parents and students who are interested in getting as much tuition assistance as possible.

Need a Lift, 50¢ from: The American Legion, P.O. Box 1055, Indianapolis, Ind. 46206.

The As and Bs of Merit Scholarship ($1.25) and *Don't Miss Out* ($1.50) from: Octameron Associates, P.O. Box 3437, Alexandria, Va. 22302.

Making It: A Guide to Student Finances, $4.95, published by E.P. Dutton and Co., 2 Park Ave., New York, N.Y. 10016.

The College Handbook, $8.95 from: College Entrance Examination Board, Box 2815, Princeton, N.J. 08540.

Student Expenses at Post-Secondary Institutions, $4 from: The College Board, Box 20, 886 Seventh Ave., New York, N.Y. 10019.

Watch words on windows
continued from page 119

plastic into the sash and frame so that no part of the metal tube goes directly from inside to outside. But do not assume that the aluminum sash in the new house or condominium that you may be looking at has these thermal breaks. It is still an extra expense and anyone offering you such windows will make sure you know it!

Wood sashes, on the other hand, are not only solid but of a material with integral insulating properties. Thus the sash is always much warmer than the glass. Still, the argument over wood versus metal is a bit misleading, because even in a small window, the sash represents only 15 percent of the area through which heat passes. The glass is obviously the predominant element to consider from the energy-conservation point of view.

Infiltration, the third way that windows contribute to heat loss, needs careful attention. On a windy day, leaky windows and doors will allow in so much cold air that it fills the whole house every half hour! No wonder the furnace never stops running. That is why weatherstripping and caulking of windows are so important. If you are buying new windows, be certain that you get units that have effective weatherstripping on every inch of the joint between frame and sash. From the infiltration point of view, hinge-and-lock-type windows are tighter, in general, than sliding-type units. Sliding window sashes cannot touch each other or they won't move freely. Double-hung and sliders must rely on the weatherstripping alone to seal the openings against cold-air leakage. A second disadvantage is that all sliding types have an additional joint in the middle. Weatherstripping takes many forms on wood windows. Sheet metal and extruded PlVC plastic are both used, sometimes on the same windows.

There is a U.S. Government commercial standard which sets the acceptable minimum infiltration at ½ cubic foot of air passing through each lineal foot of crack per minute when the wind outside is blowing at 25 mph. In today's energy-conscious world, even that amount is excessive! Almost every window manufacturer claims its product is at least twice as tight as the Federal standard. One supplier of custom-built aluminum replacement windows (Larson Manufacturing Company) claims its double-hung unit is almost three times better than required. A nationally known producer of premium wood windows (Pella) says its casement units are more than *16 times* as tight as the standard. So you shouldn't be impressed if a manufacturer simply says its products meet the industry standard.

There are three distinct types of double glazing on the market allowing energy savings that are well-worth considering. First, there is insulating glass. That is, two panes forming a sealed unit with an airspace of ½ inch or less in between. Some manufacturers (Andersen for example) sell only welded insulating glass—the seal between the panes is the glass itself melted together. The second type of double glazing consists of an extra storm panel which is fastened on the outside of the sash. The third type is known as a double glazing panel and is installed on the interior of the window. One manufacturer (Andersen) is quite unique in offering all three types. Thus it is possible to have *quadruple* glazing which in extreme climates could be cost-effective. ■


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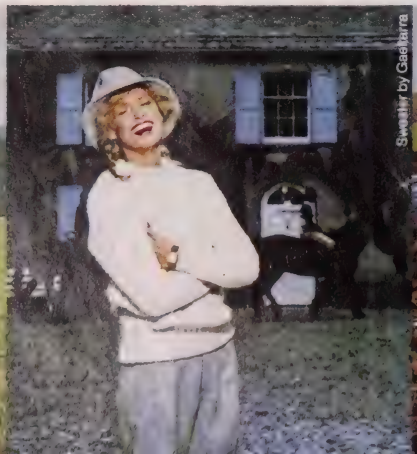
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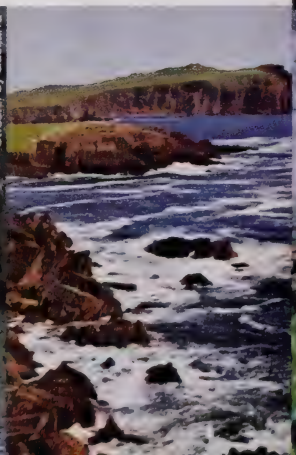
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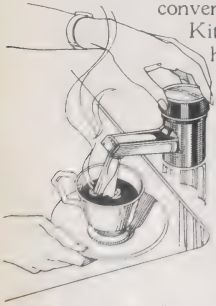
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APRIL
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Bringing China home, p. 145


Homemade house, p. 174


More style than space, p. 190


Orchids in a closet, p. 188


Shelves to build, p. 196


Two-dish meals, p. 201

BRINGING CHINA HOME

146 The greatness of a civilization
150 A love of crafts
152 A treasury of design
154 Triumph of the flowerpot; Gardens of movable color
158 Red, symbol of light; Blue and white—colors of East & West
162 Embroidery, poetry in silk
164 A China journal
166 A mood of vitality
168 A respect for food
170 A lesson in bamboo
172 The splendor of architecture

DECORATING, ARCHITECTURE, BUILDING

52 Energy update: Solar heat your swimming pool. By Jane Wholey
68 Home improvement ideas for the house fixer
174 All-solar house built by a couple with their own four hands
180 Easy fix-ups, your way
184 Do-it-yourself sewing room in reclaimed space
186 Bath update; no-fuss glamour
190 Small space, big style

CRAFTS

122 Decorate it yourself
194 A touch of crochet
196 Hold-everything shelves

ANTIQUES

26 Questions & Answers: Antiques. By Louise Ade Boger

FEATURES

10 Living. Edited by Paula Rice Jackson
19 Ingenious ways to make your life easier: Decorating
48 Electronic circuit. By David Lachenbruch
74 Auto suggestions: New imports. By Richard and Jean Taylor

WINE & FOOD

98 How to make your own homemade vinegar. By Barbara Walker
198 Meal in minutes
201 The two-dish meal
202 Lunch on the double
204 Do-ahead supper; one-plate lunch
206 Good spirits: Spirited desserts

GARDENING

30 Plants around the house. By Richard Langer
182 Four-step shape-up for the garden
188 Take a closet, make a garden
225 How to buy and plant a tree
262 Gardener's notes. By James Fanning

BEAUTY AND HEALTH

34 Looking good, feeling fit. By Paula Rice Jackson
40 Your family's health: How to move with T'ai Ch'i

TRAVEL

96 Traveling to China
104 Going places, finding things. Edited by Nancy Richardson. Slow flying in the great Southwest. By Coralee Leon; Castles in Bohemia. By Dona Guimaraes; In Hawaii: How to choose the right island. By Robert S. Kane

READER'S SERVICE

42 Dear House & Garden. By Margaret Morse
218 Shopping information
228 Shopping around with Audrey Nichols
264 Best in booklets

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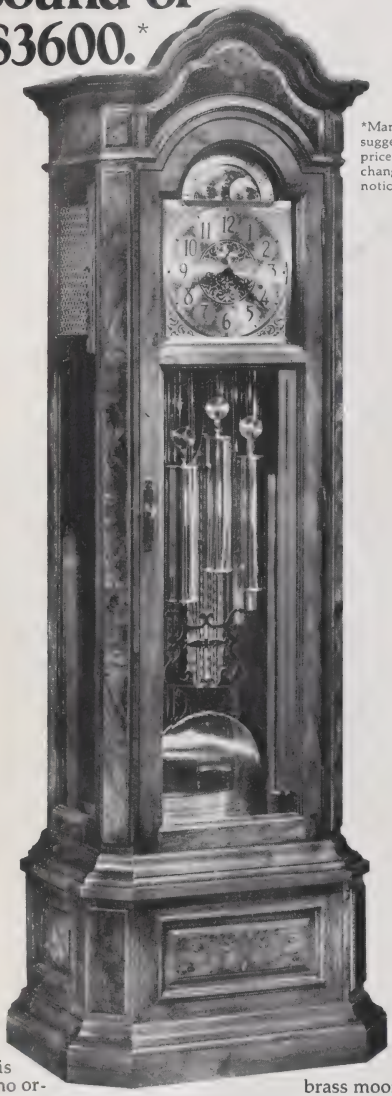
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BEA

On the cover: For springtime or anytime, a living room refreshed with walls of House & Garden's cool Green Mint, and a rosy ribbon and flower print that covers the furniture and curtains the window. On the sofa's arm, an embroidered Chinese throw (see page 162). Chinese porcelains and baskets hold flowering plants and fruit on the lacquered coffee table and the antique pine table behind the sofa. Beneath the window and its arch of orchids, an old rush-seated pine chair. Baker furniture, antiques, and Chinese porcelains at Altman's. Brunschwig fabric. Painting by Elizabeth Osborne at Fischbach Gallery. Stark Carpet. Wall paint at Janovic/Plaza. Shopping information page 218.

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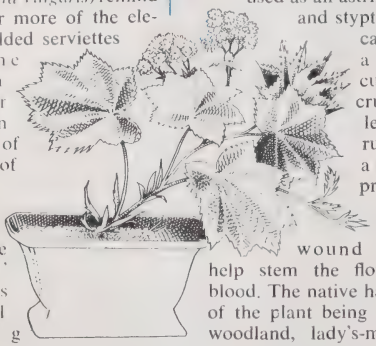
86 Proof Blended Scotch Whisky © 1978 Paddington Corp., N.Y.

LIVING month: A network for volunteers, the AMA guide to dieting, pyramid for plants, and tax credits for saving energy

GARDEN ART

MY LADY'S-MANTLE

The leaves of lady's-mantle *(Alchemilla vulgaris)* remind me rather more of the elegantly folded serviettes at some European dinner party than they do of the cape of their name. The fact that the leaves' shape is unusual among herbs, however, is indisputable. And a cluster of these leaves fanning out from a pot in your herb collection offers enough welcome variety to entice you to grow lady's-mantle even if its use these days is rather limited. The minute greenish-yellow flowers are fragrant, though relatively hard to come by when the plant is pot-grown.



LASZLO KUBINYI

Originally the plant's juices were extracted and used as an astringent and styptic. In case of a small cut, its crushed leaves, rubbed and pressed on the wound will help stem the flow of blood. The native habitat of the plant being moist woodland, lady's-mantle has a strong preference for cool growing conditions, plenty of moisture, and an acid soil. Fertilize it regularly throughout the year except in winter when the soil should be kept on the dry side. Resume the first of spring. ▬

RICHARD LANGER

VOLUNTARISM MEANS YOU



"There is scarcely an organization in America which has enough volunteers to meet the demands made upon it," says Jane Pickens Hoving, founder and director of the new volunteer group called *Tune in America*. "On the other hand, there are countless numbers of people who would like to help—and who would themselves be greatly benefited by helping—if they only knew who needs them and how to get into contact with each other." *Tune in America* can be the catalyst to bring these groups together by acting somewhat in the role of a management agency to get the right volunteers with the right organization. New York is the first chapter to be organized, and once it's working efficiently other chapters will be established in major American cities. Mrs. Hoving says that anything a person does can indeed make a significant impact on a community and that the volunteer profits from voluntarism as much as the people helped. The public will have one central telephone number to call if they wish to volunteer their abilities to any of the affiliate volunteer organizations. The caller will have a chance to have an interview and then Tune In goes to work to find the volunteer-needing agency for that person. For more information write Tune in America, 2 East 57th St., New York, N.Y. 10022. ▬

HEALTH
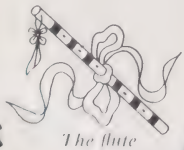
"The Healthy Approach to Slimming" is the name of the American Medical Association's brand new dieting pamphlet released this spring. It includes sample diets to try with caloric readings of 1,200 and 1,600. The AMA stresses the importance of exercise and nutritional education. It briefly discusses protein supplements, drugs, diet clubs, reducing spas, and behavior modification techniques. It's a handy little guide prepared by The American Medical Association's Dept. of Foods and Nutrition. $1. Write Order Dept., AMA, Box 821, Monroe, Wisc. 53566.

CARPET TREASURY

Learning about the traditional patterns of an Oriental rug is about as complex and fascinating as learning the history of famous wine châteaux. The more you know, the more pleasure the treasure yields. Writers Luciano Coen and Louise Duncan have written what many experts consider to be an invaluable guide to selecting and discerning the origin and manufacture of these handwoven works of art. Knotting techniques, methods of dyeing, identifying classic symbols, as well as care and maintenance are all covered. Needlecraftsmen will also appreciate the color blow-ups of stitches and the enlargement of patterns. *The Oriental Rug* ($35, Harper & Row) at bookstores everywhere. ▬

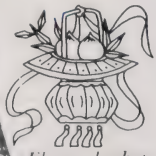


The scepter



The flute





Flower basket



The paintings

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Vantage 100's

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It's the Power Plus Mixmaster Mixer.

Baking my own made-from-scratch breads and cakes really is satisfying. But who's got the time—or the energy—for all that work?



Great optional attachments: a citrus juicer, a food grinder, even a slicer/shredder!

That's where the Power Plus Mixmaster Mixer really helps out. It's the fastest, most powerful mixer Sunbeam's ever made. And it does what only a mixer does best: mixing, whipping, beating. The secret's in the heavy duty 16-speed, 335 watt motor and these deep, tapered stainless steel bowls. That new shape concentrates more ingredients into the beaters for better mixing.

There are nifty optional attachments, like a citrus juicer, a food grinder and a slicer/shredder. So I can do anything from angel food cakes to homemade breakfast sausage. Delicious!

Even the dough hooks and beaters are larger and heavier than ever. So the Power Plus can knead enough dough for three one-pound loaves of my favorite whole wheat bread in minutes. Impressive? You bet!

Trust the people who designed the original Mixmaster Mixer to come up with the extra help in the Power Plus Mixer. Now there's a Mixmaster Mixer in every price range, with styles and colors for everyone. That's Sunbeam for you.

Sunbeam Love their quality
Shirley Jones

Sunbeam Appliance Company, a division of Sunbeam Corporation
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The item shown in the above advertisement is not coated with DuPont TEFLON®. However, other items made by Sunbeam use DuPont TEFLON® for easy, non-stick cooking and no-scour clean-up.





When I was putting this room together, I kept the Ethan Allen Treasury handy. What a great source of information! You don't have to buy anything to get it. I just picked it up free at my Gallery!

"MIXING STYLES S MY STYLE, SO I LIKE A STORE WHERE I CAN FIND OTS OF DIFFERENT LOOKS, ALL IN ONE PLACE."

leet Linda and Mike and Erica ss. Fourth in a series of stories out the kind of people who fur- h their house, their way, at an Allen.

Even when Mike and I started out, didn't stick to one style of furni- because we had very different tes, and a crazy mixture of d-me-downs we couldn't afford to use. Our first apartment was ly eclectic!

y the time we moved into the se we're in now, we'd discovered ing styles could be done with real e. First, you have to buy good gs, and second only buy things t you like. Then everything will rk together successfully. My an Allen interior designer agrees. t's one of the reasons I like shop- g at Ethan Allen. They're flexible. an Allen makes styles as contem- ary as this modular sofa, as well he classics, all at different prices. d their interior designers aren't aid to help you combine different les so you get the look you want at price you want to pay."



Ethan Allen's furniture is made for families like ours. We want good things at a good price, and that's what we've always found at Ethan Allen.

Ethan Allen Galleries



ME ON OVER TO OUR HOUSE FURNISH YOUR HOUSE YOUR WAY.
US UP IN THE YELLOW PAGES



When I visited the Gallery I got the idea of mixing the modern style of this Ethan Allen glass and brass table with the classic charm of our Georgian house.



LIVING

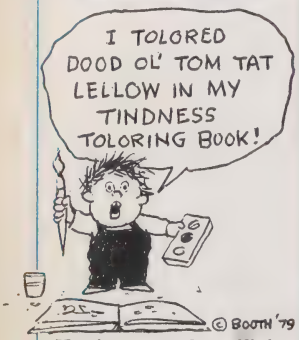
LIVING PYRAMID

LYNN REITTER



No flat-bed space for an indoor garden? This planted pyramid comes in two heights, 24 and 48 inches, which give you 24 or 44 redwood shelves in which to grow yourself a garden of miniature vegetables, herbs, flowers, or ferns. It takes only 2 square feet of floor space and yields 46 or 26 feet of growing room. An internal watering system holds up to a gallon in reserve; tiny weep holes filter the water through the soil to the plants, and an internal drainage cylinder takes up the excess. $34.95 or $54.95 ppd. from Dalen Prod., 201 Sherlake Dr., Knoxville, Tenn. 37922.

PET NEWS



Here's a way for a little child to have some fun, learn something, and perhaps be helped to become a kind human being: give the *My Kindness Coloring Book* from the Humane Society of the United States. Each picture is accompanied by a story that tells about the animal's needs. $1. Write the Humane Society at 2100 L. St., Washington, D.C. 20037. PATRICIA CURTIS

SMASHING FINISH

Isabel O'Neil, the distinguished expert on painted finishes and author of *The Art of the Painted Finish,* will offer her intensive course for beginners the last two weeks of June. Working 8 hours daily, 5 days a week, in classes of no more than 15, each student works closely with Isabel O'Neil and her 5 teaching assistants. You learn to prepare, paint, stripe, and antique a piece of furniture; to gild with semiprecious and precious metals, and to apply design and patina to one flat and one carved object. The course costs $625. Write for an application, due mid-May, to Isabel O'Neil Studio, 177 E. 87th St., New York, N.Y. 10021. Classes are from June 18 to 29, from 9 to 5.



WITH A CHILD IN MIND



"There must be spaces for heroes and heroines . . . room to move; soft corners to fall asleep in. Storage, lots of it, for incredible accumulations. Color and light. Not a classroom. No images that won't erase. No one wants to live in somebody else's personal expression." *Ivan Chermayeff*

These words are part of the foreword to an excellent book about creating rooms for children called *"Children's Spaces,"* written and photographed by Molly and Norman McGrath. Some 50 architects have lent their finished projects of tree houses, rooms for teen-agers, adding a room, and finding out how the children themselves want to live. Styles and approaches vary widely and there's a wealth of useful detail. ($30, Morrow) at bookstores.

ENERGY

TAX CREDITS

The Energy Bill finally passed by Congress in late 1978 is good news for home owners. Home improvement tax credits may be taken on Federal Income Tax returns for energy-saving measures installed between April 20, 1977 and December 30, 1985. A home insulation credit equal to 15 percent of the first $2,000 spent on insulation; storm windows and doors; weather stripping; caulking; insulation of water heaters, hot-water pipes, and air ducts; and other measures is allowable up to $300. A solar credit for costs and installation of solar heating equipment, and other heating and cooling that uses a "renewable energy source," is 30 percent of the first $2,000 and 20 percent of the next $8,000, for a maximum credit of $2,200. Compute your credits on IRS Form 5695 and claim credits on line 45 of IRS form 1040. Expenditures made in '77 *must* be claimed on '78 tax returns, not on amended '77 returns.

Still using a teaspoon for coffee... Really?

Haven't you heard about the new Gorham Coffee Spoon?



Who else but Gorham would create a solid sterling spoon just for coffee. To make serving coffee something special, any time of the day. The Gorham Coffee Spoon. Not as large as the conventional teaspoon that slides off the saucer. Nor as tiny as a demitasse spoon. But just in between. A sterling jewel, proportioned and balanced to look beautiful with today's taller coffee cup. The Gorham Coffee Spoon. Unique. Trend setting. Beautiful. For the woman who owns Gorham. For the woman who just enjoys serving coffee with sterling. In designs from the classically simple to the most beautifully adorned: Chantilly, Strasbourg, Buttercup, Fairfax, La Scala, and Melrose. Each a Gorham Original. For you. For a very special gift. Just $79* for a beautifully boxed set of four. Or $19.75* each. At finest jewelry stores and silver departments everywhere.

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EASIER

April

DECORATING

Mirror magic

To give a small room more distance, replace the glass in a viewless window with a panel of mirror.

To bring the view where you want it, mirror the wall opposite a scenic window: above the tub, above the bed, or above the kitchen sink.

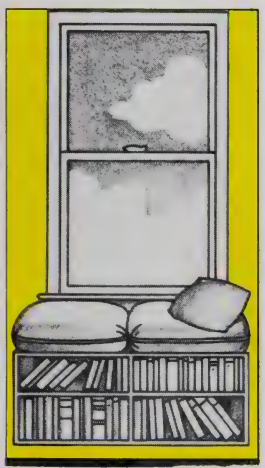
Cover the window in a small shower with a mirrored door, as designer Valerian Rybar does, to make the space seem larger.

In the kitchen, add sparkle by mirroring the backsplash, or mirror-panel the space above kitchen cabinets.



Undiscovered spaces

Under the stairs: Build in a bed, or bookshelves, or a desk topped with a cluster of pigeonholes.



NANCY STAHL

Under a window: Line up a row of file cabinets topped with a quilted cushion, rolled at one end for an armrest/pillow. Or make a window-seat/shelf, with book and record storage below.

On an open porch: Enclose it as an extra room with water-repellent cotton duck curtains hung from simple poles.

Fancy footwork

To give a wood floor intens high-gloss color, brush on a least five coats of Flecto Varathane (it comes in several brilliant colors), says Pamel Scurry of The Wicker Garden Wait 24 hours between coats.

Pet buffet

To make your pet's eating area neater, suspend bowls in brass rings hinged to the wall, about 2 inches from the floor, as designer John Dickinson does. The rings are really nautical fold-up footholds. (You can find them at marine suppliers.) After feeding time, remove the bowls, and then fold rings flat against the wall.

Give a tree a leg up

For instant height, set a small potted tree on bricks inside a big basket, surround with crumpled newspapers to steady, cover with sheet moss.



The wizard of walls

A border of tile-patterned wallpaper or shelf paper around window frames, doors, baseboard, and ceiling gives a French country look to any room. Or stencil a decorative frieze and make matching stenciled window shades. Adele Bishop's Early American stencil kit includes geometric borders, a flower-filled urn, and a willow tree design. Her Japanese stencil kit includes willow tree, chrysanthemum, butterfly, fan, bonsai tree, and cloud designs. Both come with paint, brush, and complete instructions. Brochure, $1 from Box 117 HG, Dorset, Vt. 05251.

Fool the eyes of those who enter your dining room by painting your own trellis-work in House & Garden Green Mint on all the walls. Hang real plants in baskets to complete the deceit.

Extension please

Get the most from a sunny window by building a plant shelf on top of the sill. Cut plywood the inside length of the window, and the width you want the shelf to extend. Paint, coat with polyurethane for a waterproof finish, and screw shelf to the top of the windowsill.

Quick takes/ Easy effects

Imagine:

☐ A table made of a round of glass on a sturdy basket.

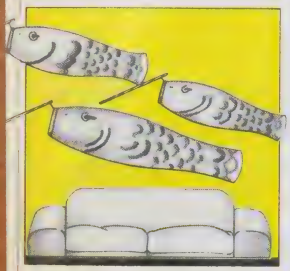
☐ A smooth lampshade wallpapered in a tiny English print of country blossoms.

☐ A Japanese paper parasol laid on its side with a light behind it.

☐ Glazed apricot cotton cushions for seats and backs on natural rattan chairs.

☐ Galvanized buckets brimming with white geraniums.

☐ A school of Japanese fish kites on the wall.



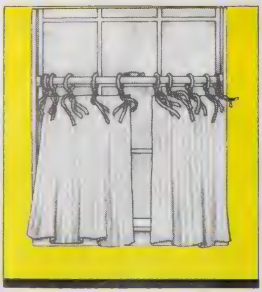
NANCY STAHL

5 easy windows

For daytime privacy, nighttime shimmer, try Mylar shades at the window instead of sheer curtains, suggests designer Harrison Cultra. Daytime you can see outside. At night, they reflect like mirrors.

For the latest in curtain rods, see your plumber—fat round contemporary poles can be made from lengths of lightweight 1½-inch plastic PVC pipe, slightly fatter than normal wood rods, and much less expensive (about 50¢ a foot). PVC pipe can be spray-painted (sand lightly first) or slipcovered with a tube of fabric, suggests Jan Jessup, author of *Calico Corners Guide to Do-It-Yourself Decorating.* Rod is supported by PVC plumbing elbows. You drill a hole through the top of each elbow and drop them onto 3-inch-square-bend screw hooks at the top corners of the window. PVC pipe in a slightly smaller diameter would make fine towel bars in a bath.

The easiest curtains: Simple wooden rings sewn to lengths



of fabric, and strung on a rod. For a festive topping: a woolen pompon tied to each ring, or a cluster of narrow ribbons tied and trailing.

Quick curtains for summer cabins, beach houses, first-or-last minute when you're moving: Push a curtain rod through the top hem of a sheet, let the bottom break gracefully on the floor.

For pretty window trimming in a room without moldings, surround windows with wood frames padded with stapled-on fiberfill, and fabric-covered. In a bath, match the shower curtain; in a bedroom, the comforter.

Color tips

Have lots of space and not much furniture? Dark walls tend to hide empty corners.

Large pieces of furniture—grandfather clocks, armoires, secretaries—that seem overwhelming will assume more comfortable proportions when set against dark walls.

A light whitewash brushed over sanded pine furniture gives an antique look.

To tie a roomful of odd pieces together, slipcover everything in the same solid color, says designer Staniford Squire. Or, for a jeweled effect in an all-white room, slipcover each piece of furniture in a different Matisse-like color.

When a large fireplace dominates one wall, paint or cover the walls to match the fireplace (or vice versa). For example, a gray marble fireplace will blend into gray suede-cloth walls. A brick fireplace disappears, surrounded by House & Garden Sienna walls.

Private screening

Stand a low folding screen beneath the window to hide a radiator, says King-Alexander Interiors. When you need privacy, stand it on the sill.

Take one of those lacy carved wooden screens from India, paint it white, and make a fresh pretty headboard.

The ceiling works

Give a room a golden glow by uplighting a ceiling covered with 12-inch squares of matte-finish gilt tea paper (by the roll, from Gracie, 979 Third Ave., New York, N.Y. 10022), as designer Noel Jeffrey did in his vermilion living room.

Hide an unattractive ceiling with miniature "beams." Mount polyurethaned pine 1-by-4s sideways, a foot apart, by bracketing them to a pine strip fastened 4 inches below the ceiling around the perimeter of the room. Hang baskets or herbs from the beams in a kitchen. In a living room, mount a few track lights in the ceiling above.

Scentimental decorating

Think of fragrance as easy decorating: eucalyptus in a basket, hyacinths flowering, herb bouquets or wreaths hanging from wall or beam, scented paper lining coffee-table drawers or laid on china-cupboard shelves. And you can make easy no-sew sachet sacks to toss into linen drawers and among the books: Snip pretty patterned dishtowels into 6-inch squares, fill with homemade potpourri, tie into bundles with narrow ribbons.

Joe's Potpourri: Mix 4 oz. chopped orris root, 2 oz. whole cloves, 3 oz. broken cinnamon sticks, 2 oz. star anise, 2 oz. broken sassafras root, 6 drops oil of allspice.

Pillow talk

Cut Victorian linen tablecloths, found at auctions and thrift shops, into pretty pillow covers, as Pamela Scurry of The Wicker Garden does, if they're too worn for the table.

Make pillow "sacks" by putting standard-size pillows into king-size pillowcases, gathering and tying the open end in a bunch with ribbon.

House & Garden's Idea Box



SUSAN WOOD

Collect House & Garden's best decorating ideas in the House & Garden Idea Box, a standard-size flip-top file covered with creamy spongeable linen-like paper. Inside, 7 colored folders help you categorize your clippings. To order, send your name, address, and a check or money order for $12 to House & Garden, Dept. FB, Box 3562, Grand Central Station, New York, N.Y. 10017. Continental U.S. only. Allow 4-6 weeks. Money-back guarantee.



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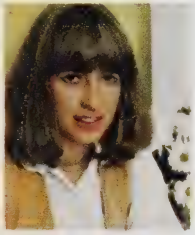
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For your nearest "Gran Turismo" dealer, phone free day or night: 800-243-6000. (In Conn., 1-800-882-6500)



The Best-Loved Fairy Tales



An internationally renowned artist meets a lifetime challenge, and a world of wonder and magic is revealed . . .

Fifty magical works of art adorning fifty exquisite bone china plates. Astonishingly detailed collector's miniatures, hand-decorated in 24 karat gold. Created expressly for this collection by one of the most gifted young artists of our time.

Issued in a strictly limited edition by Franklin Porcelain. Advance subscriptions must be entered by April 30, 1979.

ONCE UPON A TIME there lived a little girl whose greatest pleasure was to lose herself in a world far removed from the world of everyday. A world of tall glass mountains and gingerbread cottages; of frog princes and pumpkin coaches. A world of heart-stopping fears that made her shudder . . . deliciously . . . and the happiest of happy endings that made her very toes tingle! The World of Fairy Tales.

When the little girl grew up and became an artist of renown, she never forgot that alluring world of magic, and some of her finest work was interpreting in art full of captivating, curious detail those wonderful childhood dreams.

And now artistic success has brought Carol Lawson (that was the little girl's name) the opportunity to accomplish a remarkable work she has long contemplated: the creation of an intensely personal series of fairy tale works in fine porcelain. Grand in concept . . . yet exquisitely miniature in size.

The Best-Loved Fairy Tales collection will include fifty enchanting miniature plates, beautifully crafted in fine bone china. Each one will portray a favorite scene from one of the world's best-loved fairy tales. And each plate will be accompanied by the artist's comments on why she chose the tale, and her own highly individual approach to its portrayal.

The fascination of the miniature

Carol Lawson has chosen to create her art for *miniature* plates because she felt that their *daintiness* would be quite perfect. Indeed, fairy tales themselves are crammed with evidence of our fascination with all things miniature—and there's a recognized tradition of creating miniature porcelain plates which over the years have attracted the attention of collectors. As the artist herself says: "What a challenge—to re-create all the jumbling, tumbling events, the colors and treasures, the heroes and villains of the fairy tales, in precise d but to this tiny scale!"

Capturing the spirit of our favorite fairy tales

One of the most appealing things a the plates is the flourishing energy sheer virtuosity which the artist brought to the portrayal of each fairy For she has captured the very spirit essence of our favorite stories, in sc rich in fascinating detail.

From the engaging, rounded forms o three bears, and their open-eyed an ment at finding little Goldilocks snug under Baby Bear's patchwork cou pane . . . to the myriad green and twi tendrils of the magic beanstalk w young Jack climbs so boldly . . . C Lawson has illuminated every scene an intensity of colorful detail, embro ing each with the kaleidoscope patt of her imagination.

An intricate border design of pure 24 karat gold

And this same vivid imagination has



SHOWN ACTUAL SIZE

iniature porcelain plate collection by Carol Lawson

t to play on the intricate and deli-
order design of pure 24 karat gold
encircles each plate.

Best-Loved Fairy Tales is truly a
kable achievement. Imagine holding
ir hands, for the very first time,
these perfect little plates in minia-
ensing the silky smoothness of the
ining glaze with your fingers; ad-
with a wondering eye the fine trans-
y of the china; examining the minute
of the design . . . the rich reds and
of Tom Thumb's butterfly steed . . .
g the burnished-bright gold border
a light, to admire its intricacy and
ce.

Unique Signature Edition

e benefit of those who acquire this
kable work by an artist of growing
ational reputation, each plate will
n the back the name of the collection,
ords "limited edition," the title of the
ortrayed and the artist's full signa-
in 24 karat gold. This exclusive
ure Edition—the *first* edition of this remarkable miniature collection—will be always distinguishable from any subsequent edition: for the plates in this premiere Signature Edition will be the *only* ones ever to bear the artist's full signature. A Certificate of Authenticity accompanying the collection will attest to this fact, and to the limited nature of the edition. *The Best-Loved Fairy Tales* collection in the Signature Edition is available only direct from Franklin Porcelain, and for a limited time only. The price is just $12.50 for each plate.

A handsome hardwood frame

Each subscriber will also receive, at no charge, a handsome hardwood frame with enough space on its shelves to accommodate every one of the fifty plates.

This is the first announcement of the Signature Edition of *The Best-Loved Fairy Tales* miniature plate collection. A final announcement will be made later, and the subscription rolls will be permanently closed in October. But please note: advance subscription applications must be postmarked no later than April 30, 1979.

The Best-Loved Fairy Tales miniature porcelain plate collection: what better way could there be to keep in touch with that romantic and invigorating land of wonder and fantasy than through the enjoyment of these lovely miniature plates? And, beautiful as they are now, these remarkable collector's plates in miniature will be enjoyed right down the years, and treasured as heirlooms in time to come.

But, to be eligible, the advance subscription form below must be returned to Franklin Porcelain, Franklin Center, Pennsylvania, postmarked by April 30, 1979.



ADVANCE SUBSCRIPTION FORM

THE BEST-LOVED FAIRY TALES

Franklin Porcelain
Franklin Center, Pennsylvania 19091

I wish to subscribe to *The Best-Loved Fairy Tales*—Signature Edition. Fifty fine bone china miniature plates, to be sent to me at the rate of one per month until the collection is complete. The price of each plate is $12.50* I need send no money now. I understand that I shall be billed for each plate when it is ready to be sent to me. I shall also receive, at no extra charge, a hardwood display frame to house all the plates.

**Plus my state sales tax and $1 for shipping and handling*

Signature_____

Must be postmarked by April 30, 1979
Limit: One set per subscriber

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Mrs.
Miss_____
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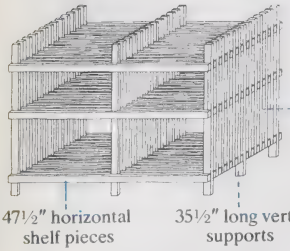
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State_____ Zip_____

HOW TO MAKE
THE **HOLD-EVERYTHING** SHELVI

designed by Peter Stamberg (see page 196)



Materials

●21 8-foot lengths of 1-by-2-inch #2 pine	$48.96
●20 6-foot lengths of 1-by-2-inch #2 pine	
●240 1½-inch finishing nails	.40
●18 1¼-inch finishing nails	.10
●Wood glue	.60
●8 sheets sandpaper, 4 medium, 4 fine	1.20
●4 2-inch-long ⅜-inch dowels to secure 2 stacked units	.40
	$51.66

Tools

Hand saw	Carpenter's square
Hammer	Adjustable square
Sanding block	Hand drill with
Tape measure	⅜-inch drill bit for
Pencil	stacking units

Step 1 Cut wood to size as follows:

●42 pieces 47½ inches long for horizontal shelf pieces

●9 pieces 35½ inches long for long vertical supports

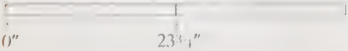
●30 pieces 32½ inches long for short vertical supports

Step 2 Sand wood

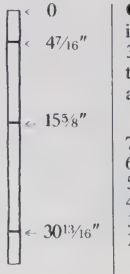
Sanding can be done by wrapping paper around a short block of wood or with a power sander. First use medium grain sandpaper to remove splinters, ridges, and bumps. Next use fine grain paper until wood is smooth. (If you plan to paint, this will be sufficient. If you plan to apply a clear finish, sand with finishing paper before applying first coat and also between coats.) To smooth wood edges, run sanding block over them three or four times.

Step 3 Building the first layer

●Mark one line in the center of each of the 42 47½-inch-long horizontal shelf pieces, 23 ¾ inches from one end, as shown.

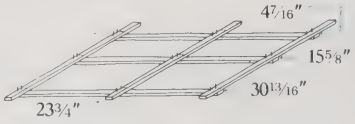


●Mark three lines across 3 of the 9 35½-inch-long vertical supports as shown. (The rest of the long verticals and all short verticals can be lined up by squaring them with the first layer.)



●To line up the 3 horizontal shelf pieces for the first layer of the storage unit, use 2 marked long vertical pieces to position them on the work surface. Place the 2 35½-inch-long vertical pieces 47½ inches apart, lines facing up. Align the 3 horizontals between these 2 long verticals so the top edge of each is even with the matching line on long vertical support.

●Then take these 2 long verticals, plus 1 more, and start 6 1¼-inch nails into each, 2 below each line marked on the wood as shown.



●Place the 3 long vertical supports on top of the 3 horizontal shelf pieces as shown above, lining up the left edge of the center vertical with the center mark on the horizontals.

●Spread glue on the horizontal shelf pieces under the long vertical supports.

●Constantly checking to make sure the unit is square and in alignment, nail the long vertical supports into place.

Step 4 Layering up

●To build the next layer, take 3 more horizontal shelf pieces. Start 6 1½-inch nails into each, 2 nails at each end and 2 to the right of the center mark.

●Spread glue on first layer of long verticals above first layer of horizontals.

●Position the next 3 horizontal shelf pieces across the long vertical pieces, directly over the first set of horizontals. Use a carpenter's square for alignment.

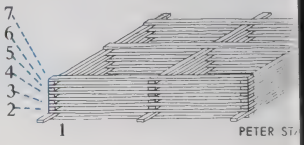
●Nail into place, constantly checking to be sure the unit is square.

●Take 3 32½-inch short vertical supports and start 6 1½-inch-long nails into each, 2 at each of the 3 spots where the horizontals cross the verticals.

●Glue and nail the short verticals into place, making sure the corners meet as shown.



●Continue layering using the inch-long horizontal shelf pieces a 32½-inch short vertical supports there are 7 layers of horizontal p as shown below.



●For the seventh vertical layer, of the 35½-inch long vertical sup With a carpenter's square, make sur the bottoms of the first and seventh of long verticals are even.

●Continue layering until you have and nailed the last set of 32½ short vertical supports into pos There are just two more layers of zontals and one of long verticals attached.

●Glue and nail 3 of the 6 rema horizontal pieces into position. glue and nail the final layer of ver using three 35½-inch-long vertical ports. With a carpenter's square, the bottoms of these verticals wit other two layers of long vertical ports.

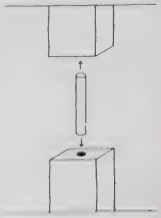
●Glue and nail the final 3 horiz pieces into place.

●Gently stand the "Hold-everyt Shelf" up. If it is a bit wobbly, the may be uneven. Locate the longe causing the imbalance and sand it until the unit sits flat.

●Do not move the unit around unti glue has set overnight.

Step 5 Stacking the units

●If you wish to stack 2 units, one another, drill one ⅜-inch hole 1 deep in the center of the top of corner post of one unit and the bo of each corner post of the other. P



a ⅜-inch wood dowel, 2 inches long each of the holes to keep the stac units steady.



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Sealy Slumber Guard,® with designer cover from the former Posturepedic Classic.

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Left: Sealy Luxury Guard	$88	$118	$298	$398
Right: Sealy Slumber Guard	68	98	258	338

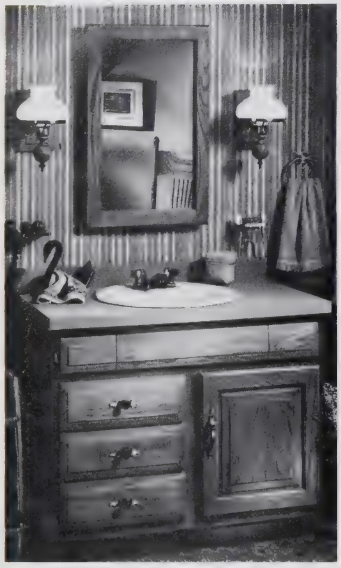
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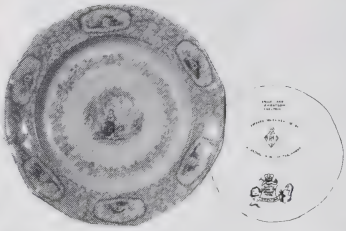
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Cincinnati, Ohio 45201

Form 5015 Printed in U.S.A.

By Louise Ade Boger



ANTIQUES
QUESTIONS & ANSWERS



■ STAFFORDSHIRE PLATE

From my photograph and drawing of the marks, what information can you give me about my plate and the picture on it? F.J.G.—Newfield, N.J.

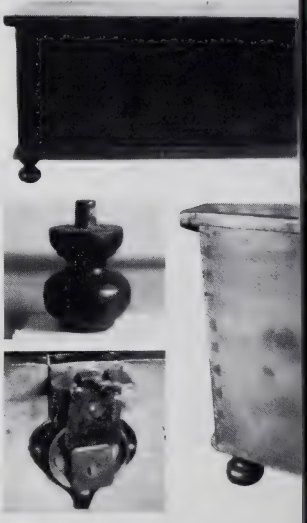
The printed scene, "Rustic," decorating your plate was registered by the Staffordshire potter Joseph Clementson at the English Patent Office, Dec. 2, 1842. Scenes of rural England, with its cottages and rustic figures have never been common for transfer-printed plates or dishes, but they became more frequent in the 1840s and 50s. Granite opaque pearl is one of a number of trade names for the hard earthenware body which was usually used for transfer printing.

■ 19TH-CENTURY EWER



I have this old ewer, but know nothing about it other than the words "Tiffany & Co." are on it. How old is it and what was it used for? N.A.—Andover, N.J.

Before the fork came into use in England in the early 17th century, the basin and ewer (a particular form of a pitcher with a wide spout) were indispensable adjuncts to every well-appointed dining table. The attendants took them around the table, beginning with the host, over whose hands rose water was poured from the ewer, while the basin was held beneath; the hands were afterwards wiped with a towel. Your elaborately wrought bronze ewer is of European manufacture, probably dating about the closing decade of the 19th century. Tiffany & Company is the retailer. Your ewer has been copied from an example of the early Stuart period (1603-1649), when the surface is frequently found almost completely covered with repoussé and chased ornamentation, such as dolphins a waves, fruit, flowers and fo cherubs, and scallop shells. The r edly elongated wide spout and the ing handle arched well above the are characteristic features of this v of ewer, which has remained a fa through the years.



■ AMERICAN PINE CHE

I'm told my chest is very old. Can tell me when it was made and for it was used? The hardware is elaborate. C.S.S.—St. Petersburg,

Originally your pine chest—possibl dower chest—was painted. Touch red paint still show on the flattened foot. It was made in America, prob about 1750. The well-shaped, handm hinges and lock were probably the of a blacksmith.

■ BOHEMIAN MARK



This mark is on my vase. From it, what can you tell me about the vase's background? R.L.S.—Louisville, Ky.

Your decorative vase was made at the Amphora Porcelain Factory, which started in 1892 by Riessner & Kess Turn, near Teplitz, Bohemia. Your dates more or less around 1900.

Continued on pag

From oven to tabletop everything's coming up wild flowers and herbs for Villeroy & Boch's Botanica

All the qualities you would expect in expertly produced high-fired china, metalware and flatware that move in and out of the oven/dishwasher with ease. Plus an inspired design treatment featuring more than 40 individual wild flower and herb designs on more than 50 serving pieces, with placesettings at a remarkable $47.50 for five pieces. Write for complete botanical brochure and the name of your nearest tabletop horticulturist. Address Villeroy & Boch, 41 Madison Avenue, New York, New York 10010, USA.



ANTIQUES

continued from page 26



BYZANTINE ADAPTATION

What is the style of my chair? Is it very old? J.W.—S. Dartmouth, Mass.

Your chair has been freely adapted from a distinctive three-legged turned chair with a triangular seat of great antiquity, perhaps of Byzantine origin, made in England since medieval times. The best-known chair of this type in our country has been used, for perhaps 2 centuries, at Harvard commencements, and is called the President's Chair. Your chair is an adaptation and it is of recent manufacture.

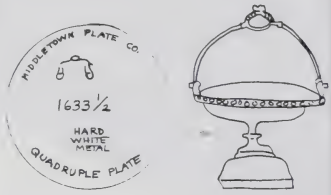
FRENCH GRANDFATHER CLOCK



My parents bought this clock in France. On its face is the name "Jullien Jean Pierre" and also "Varennes." On the pendulum are the words "La Chasse." What can you tell me about the clock's background?

V.B.—Arden, Del.

The "violin" form and brass repoussé pendulum are typical features of French tall case clocks that are found in the region of Franche Comté and Jura. The movements were manufactured in the region of Foncine and assembled at Morez and Morbier in French Jura. The name on the dial, Jullien Jean Pierre, is that of the seller and not the maker. Lists pertaining to French clock merchants include many Jullien, of which one resided in Paris, therefore near Varennes, from 1860-1870. Your clock is of that period. The inscription "La Chasse" refers to the trophies of the chase or hunt worked in repoussé on the upper part of the pendulum.



CONNECTICUT CAKE BASKET

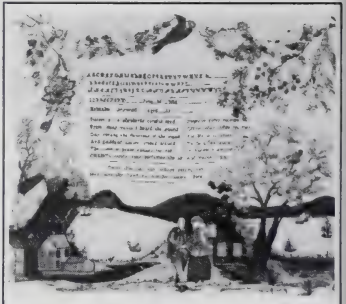
I would like to know the date and origin of my cake basket, and what is meant by "hard white metal."

T.H.—Greeleyville, S.C.

The Middletown Plate Co., which made your basket, was organized in 1864 at Middletown, Conn., as manufacturers of plated silver holloware. It was among the original companies which formed the International Silver Co. in 1898. Your cake basket probably dates before 1890. White metal is an alloy commonly containing two or more parts of tin, copper, lead, antimony, and bismuth. The color depends on the proportion of lead or tin; the more tin in the composition, the whiter the color. It is one of the base metals used in the electroplating process. Quadruple plate is an excellent quality of plated silver.



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PHILADELPHIA ANTIQUES SHOW

The 18th Annual University Hospital Antiques Show, April 24 through 28, in Philadelphia, will feature a loan exhibit of samplers entitled "Samplers, Skills and Sentiments," among which will be this one by Mehitable Griswold, done in 1812 and loaned by The Philadelphia Museum of Art, Whitman Sampler Collection. The show will be held at the 103rd Engineers Armory, Lancaster Avenue at 33rd Street.

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PLANTS AROUND THE HOUSE

A snip in time for healthy plants

How to prune leaves and roots for lush spring foliage

By Richard Langer

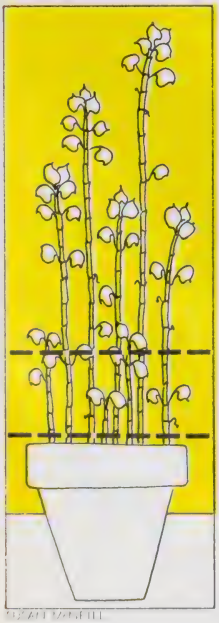


Bushy well-pruned coleus in a country bedroom by interior designer John Riec

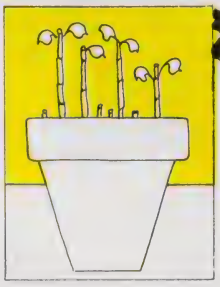
Pruning is something we tend to think of in terms of apple trees or hedges that are beginning to block out too much light from the living-room window. It's often overlooked when it comes to house plants. Yet the difference between lonely leaves on dismal stalks and cheery lush foliage can often be summed up by that same word—pruning. Now is the time to shape up your indoor garden with some judicious snipping, if you haven't already done so.

Everyone does a bit of pruning automatically. After all, leaves don't last forever. When they begin to shrivel or dry up, we take them off. The same holds true for flowers. Esthetically, a wilted flower is troublesome. We snip it off in passing without thinking. This is good for the plant itself. Some plants, in fact, even tend to stop flowering unless the old blossoms are removed.

Leaves past their prime also do a plant no good. Dying leaves encourage rot, mildew, and fungus disease. Also a dying leaf, no longer being a food factory, tends to be a food drain, inhibiting new growth. When you remove a dead or dying leaf, do so by cutting, not pulling, it off. Even though in many cases it will snap off, in many more cases limpness will have already set in by the time you notice the offending leaf, in which case trying to break it off by hand can injure the main stem of the plant itself. This is particularly true of specimens such as dracaenas and spider plants. A good clean cut with a sharp knife or snippers does the best job. On soft stems, the sharp knife will do a cleaner job than the snippers, not pinching the way cutters sometimes do. On woodier stems, such as those of citrus and dieffenbachia, pruning shears become a necessity.



A typical example of a plant in need of hard pruning was an iresine or bloodleaf that had sat for some time behind other plants, right up against the window in our living room. Being in a rather difficult-to-reach spot for all but the long snout of the watering can, this particular plant tended to be neglected. Hence its sorry state. Really hard pruning should sometimes be done in stages, to minimize shock to the plant. But at this time of the year, in the case of a rampant grower like the iresine, it's possible t remove as much as half the plant's to growth without injuring it.





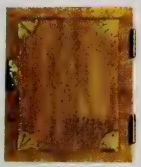
The first thing I did to rescue m iresine was to remove a few of the cente stalks entirely. This was not so much t produce a bushier plant as to permi good air circulation, so I cut the stem right down to the soil level. They wil not come up again, although new shoot may form at the base. For bushiness, trimmed the remaining stems to ap proximately the height I wished the new plant to be. The trim cut is always mad just above the leaf node, that is, where a leaf stem joins the main stem. This i also where the dormant leaf buds are By cutting next to them, you'll encour age new growth to cover the tip of th truncated stem—new growth of usuall two new leaves where before there wa only one, hence a bushier plant. Loo closely and you can probably even se the small, barely visible dormant bud before you cut.

Besides these axial leaf buds, you plant also has some growing reserve i stem buds. (Leaf buds will sometime also eventually turn into stems.) Thes stem buds lie dormant and hidden be neath the bark or outer skin of you plant. If you prune it back severely enough so that few or no leaves re main on the stem—if, for instance you take a 4-foot angelwing begonia, a citrus, or other hard-stemmed plan and cut the whole thing down to within 6 inches of the soil—the stem buds will be activated, adding branches to your specimen. This is the second step in developing bushier plants. The first gives you shorter trunks tipped by extra leaves. The heavier pruning produces more branches or trunks.

In nature, it's the foraging animal and the windstorm *(Continued on page 32)*

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Heritage

Craftsmanship in the grand tradition

PLANTS AROUND THE HOUSE

continued from page 30

that truncate the plant. In the house, it's you. The point is, it's part of the growing cycle of nature, so don't be afraid to prune. But before you begin to snip away at all your plants, consider their individual nature. All dying leaves should, of course, be removed, but pruning for shape and bushiness by definition requires a plant with the proper growing pattern. Since the main purpose of pruning is to force plants to branch, nonbranching plants such as bromeliads, spider plants, orchids, palms, and others with a single growing point can't really be pruned except to remove damaged leaves. Removing the single growing point is equivalent to beheading them. End of plant.

Where the technique is at its best is with vining plants such as hoyas, ivies, and gynuras and erstwhile bushy ones such as begonias and geraniums. Plants with multiple stems will reward your pruning well by growing thicker and fuller than ever. And they will give you some cuttings to root for new plants in the bargain.

■ ROOT PRUNING

In the garden, roots are rarely pruned except in transplanting. For pot plants, however, a good root pruning can mean the difference between an average specimen and a real show plant. It also keeps a plant compact.

The first time you try it, root pruning may require a little preliminary nerve building. Cutting off roots isn't like pinching off a few leaves and stems. It seems unnatural. But take heart, it really is in your plants' best interests. Root pruning helps your plant in three ways: First, it eliminates any dead roots around the outside of the root ball. Secondly, by distributing the roots, you will keep them from growing round and round in their previous pot-bound pattern. And finally, by cutting off lots of root tips, you alter the hormonal balance, stimulating lots of new root growth, which encourages the plant itself to grow better.

To start the project, spread out some newspaper and get a sharp knife. I've found a serrated thin-bladed bread knife to be really excellent. Knock a plant out of its pot and look over the resulting clump of roots and soil. If the exterior of the root ball is a tight web of tangled roots, pruning is definitely in order. If hardly any roots are visible, the plant's nether region is fine. Slip it back into it pot and knock out the next one.

For a neat pruning job, set the roo ball flat on the paper and shave shingle off the sides, turning the ball slowly unt it has been cut all around. (It is possibl to use pruning shears to cut the root but it will take much longer, and som shears will mash rather than cut cleanly causing the cuts to take much longer t heal over.) When you're done, a larg plant should have an extra inch of spac between the roots and the pot it's goin back into; a small plant should have hal an inch or so.

Before repotting the plant, be sure th old shards have been removed from th bottom of the root ball. You may actu ally have to cut the shards out from be tween the clinging roots. Now replac the shards in the pot and slip the trimmed plant back into its quarters, filling th surrounding space with fresh soil. Prun out some extra top growth, where pos sible, to balance the plant's root loss, and water it well.

The biggest danger with root pruning is desiccation. The plant has fewer roots remaining to absorb soil moisture and thus tends to dry out more quickly. By placing your pedicured plant and pot in a clean plastic bag for a week or so after root pruning and growing it in a bright, not sunny, location, you will keep the humidity high enough for the plant to pull itself together. And a month or two



ter, you should have a healthier, lusher rowing plant—one that looks picture erfect enough to have just come out of commercial greenhouse.

WHY PRUNING WORKS

he results of pruning are easily seen. he how of pruning is easily explained. ut why it works is something else again. ctually, we know a lot less about plant rowth than we should, considering that otany is one of our oldest sciences. And ven though the last decade has expanded our knowledge of the inner behavior of plants immensely, the exact eason why a plant develops the way it oes when it's pruned is still not altogether agreed upon.

Most botanists currently believe that he plant-growth hormone auxin is responsible for how the plant reacts, and hat it does so through something called pical dominance. Exactly how the auxn is distributed throughout the plant is till open to debate. But you can follow he gist of the theory of apical domiance without being a botanist, and it provides a logical framework to help ou understand how and why to prune.

Just the right amount of auxin, no more, no less, is needed for a plant to grow. Either more or less auxin inhibits growth. There is a minimum/maximum concentration of auxin possible in every part of the plant. In other words, either here is just enough auxin in the right place for proper growth, or there is too little (the minimum) or too much (the maximum). The apical bud, the bud highest up on the apex of a plant, normally contains the most auxin. This bud, according to the current theory, controls he growth of the whole plant, hence the erm apical dominance. The lateral buds, looking out sideways along the main stem or trunk of the plant, are more sensitive to auxin than the rest of the plant. A concentration of auxin just right for the main plant is too strong for the lateral buds and keeps them from growing. The plant grows taller and the buds remain dormant.

The plant keeps growing as long as the apical bud, by whichever of the means under such hot debate, keeps sending auxin down the length of the plant from its abundant supply. If the apical bud is cut off, taking with it the major hoard of auxin, the main stem is left with a minimum supply, and stops growing. But the lower concentration of auxin makes dormant lateral buds erupt and grow. Liberated branches sprout enthusiastically along the sides of the plant.

In time, however, the plant will return to a state of apical dominance. Soon the lateral bud closest to the top will straighten up and become a new apex. In a short while, it will take over apical dominance, and again any lateral growth will be inhibited.

Cut off the new apical bud, and the cycle starts all over again. ■

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LOOKING GOOD FEELING FIT

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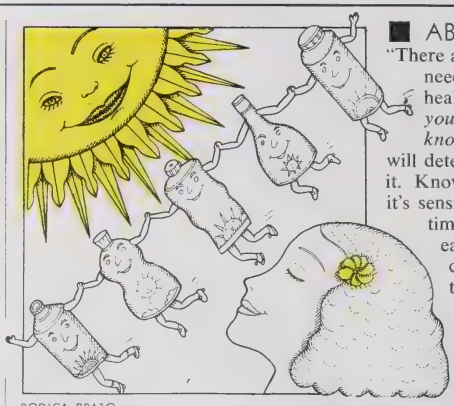
Dr. Barbara A. Gilchrest, dermatologist and assistant professor at Harvard Medical School, talks about the simple steps of caring for your skin for lifelong health and beauty

By Paula Rice Jackson

There's something of a paradox about skin. It does such an important job of keeping you healthy and it requires so little effort from you to keep it functioning at its best. It's easy to see why so many of us take it for granted. Until it starts to change.

Dr. Barbara A. Gilchrest of Harvard Medical School in Boston, Mass., and of the department of dermatology at Beth Israel Hospital in Boston is one of a three-doctor team who has just published a new book, "*Between You and Me: A Sensible and Authoritative Guide to the Care and Treatment of Your Skin*" (Little, Brown). Her co-writers are Dr. Thomas B. Fitzpatrick, M.D., Ph.D., head of the department of dermatology at Harvard Medical School and Chief of Service of the Dermatology Service at Massachusetts General Hospital in Boston. He is famous for his work on pigmentation in the skin and its relation to the sun. Dr. John A. Parrish is an assistant dermatologist at Massachusetts General Hospital and associate professor of dermatology at Harvard Medical School. Dr. Gilchrest is currently funded by the National Institute on Aging for her research on the effects of chronic sun exposure on the aging process of skin. We asked Dr. Gilchrest about the basics of lifelong good skin care.

"Perhaps an understanding of just how skin does its miraculous job will help explain what its needs are," she begins. "The skin is the largest of the body's organs, and the skin *is* an organ. Its primary function is that of a barrier —a barrier to toxic chemicals and germs and it screens the body from excessive ultraviolet light. It protects the body from overheating and overcooling and from an excessive loss of fluids. It also keeps our insides in. The cells of your skin metabolize just like every other cell of your body; they take in oxygen from the bloodstream and expel carbon dioxide, a process called cellular respiration. It's almost like breathing. The cells take in nourishment from the bloodstream, which also flushes away the cells' wastes. They reproduce and divide to make new cells, a process called cellular regeneration. The skin is layered—the top, the part you see, is the "epidermis," and it contains the "stratum corneum," which protects the skin from microorganisms and excessive light. It also contains the germinative basal cells, which divide to make new cells. The "dermis" immediately below plays the supporting role, literally. It is fibrous, elastic, and water-retaining, and contains the protein collagen, the major source of the skin's mechanical strength. There are capillaries, sweat glands, and nerve endings, plus sebaceous oil glands in the "dermis" as well. Below the "dermis" is the subcutaneous tissue, also called fat, which is somewhat more plentiful in women than it is in men. Larger veins and arteries are located at this level. As skin ages, the dermis thins and loses some of its capacity to hold water. The collagen and other fibers lose their resiliency. These changes show up in faint lines and not-so-faint wrinkles in American men and women at younger and younger ages as a result of America's passion for the sun. Most visible "aging" occurs in the dermis where individual cells remain for many years, while the epidermis is constantly replacing itself. Skin sheds its surface cells naturally. One might think of the whole regenerative process as an "up from under" renewal beginning deep down in the generative layer of the epidermis and slowly working its way to the top, a trip which takes about 28 days for both men and women. Skin sheds its surface cells naturally through the simple process of abrasion; a washcloth, for example, removes them."



RODICA PRATO

ABOUT SKIN CARE

"There are only two things every person needs to know in order to have a healthy skin. The first is to *know your skin type* and the second is to *know your diet*. These two concerns will determine how you should care for it. Knowing your skin type—whether it's sensitive, normal, oily from time to time, and whether you sunburn easily or not—will determine your cleansing and the way you take the sun. Your food provides the nourishment which feeds the bloodstream which feeds the cells. Vitamin C, for example, is basic to normal collagen synthesis, and deficiencies of fatty acids may cause dry skin, lusterless hair, and brittle nails. Zinc is also vital to healthy skin and its absence leads to raw areas especially on the face, hands, and feet. On the other hand, too much iodine (found in salt-water fish and iodinized salt) or bromide (found in some non-prescription antacids) can aggravate acne or cause large boils on the skin. Too much vitamin A leads to dry, rough skin and hair loss, while too much carotene (found in carrots and other yellow vegetables) turns the skin yellow, especially on the palms and soles. A balanced diet, foods from all the food groups and none in excess, is necessary."

CLEANSING

"Soap and water cleansing is the simplest and most effective method for eliminating what dirt, oil, or leftover makeup may still be clinging to the skin. The vast majority of people encounter no difficulty with soap. I recommend thorough rinsing, however, and I and my colleagues suggest to those who use soap that they *use soap sparingly*. People with sensitive or what they think is dry skin may prefer the clear glycerine soaps."

MOISTURIZING

"Make your skin comfortable to live in. If that means a light film of something gently smoothed over your face, fine, but, as yet, there is nothing that "moisturizes" the skin, except, perhaps, fog. At present, the most anyone can do is to retard moisture loss, which is a perfectly natural part of the skin's respiration process, by setting up a thin barrier between the skin and the surrounding air. The relative thickness of the product means little for people with normal skin, though some moisturizers, if they're very rich, can cause acne for some people. Choosing a moisturizer is much more a matter of personal esthetics. If you like something heavy like petrolatum, use it.

Continued on page 36

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Cabriole
by Elizabeth Arden

continued from page 34

Others may prefer a cream or lotion that has been refined so that it "disappears" into the skin. Still others may use nothing. Oil in the bathtub works almost as well. If you'll wet your skin before applying a moisturizer, you'll trap water in the upper layers. It's those top layers that are changed by the presence of water and not the living layers further down. The point is to retard evaporation."

■ ABOUT THE SUN

"The most important introduction in recent years for the care of the skin is the sunscreen. If ever there was a youth potion it's to be found in the preventive blocking-out of certain lengths of ultraviolet waves. Dermatologists worked hand-in-hand with most of the country's major cosmetics and pharmaceutical companies as well as with the government to determine the new SPF (sun protection factor) numbers that must now appear on all the packages of tanning products. The numbers run from 2 to 15, and they mean that if you buy a product, say, with a number 2 on it, you'll be able to stay in the sun twice as long as you'd normally be able to before your skin would begin to barely redden, 40 minutes instead of 20 minutes, for example. The number 2 indicates a product that is least effective at controlling the sun's harmful lengths of ultraviolet waves. Ultraviolet waves are constantly acting on the skin, regardless of whether you obtain a sunburn or not. The most effective number for "SPF" is 15. As dermatologists, we are glad to see sunscreens being introduced into foundations, lipsticks, and all-day moisturizers. We think that the best way for fair-skinned people to take the sun, if they must, is to use a product with a high "SPF" and a second product effective against long-wave ultraviolet light, which doesn't cause sunburn, but still may contribute to aging. Tanning will occur, but it will happen very slowly. We recommend this, really, for everyone, but it's most important for light-haired, blue-eyed, fair-skinned people. One thing more—fair-skinned people, especially if they've had a great deal of sun exposure throughout their lives, should see a dermatologist once a year if they're over forty. Early signs of skin cancer can be most effectively treated at this stage."

■ WATER

"It's good to be well-hydrated," says Dr. Gilchrest. "It isn't necessary to deliberately drink 6-7 glasses of water every day. We all get plenty of water, either in coffee, tea, or elsewhere in our diets. However, if you drink cocktails, or wine with your meals, I think it's a good idea to drink a glass of water for every glass of wine or cocktail that you have. The fresh water will help compensate for the dehydrating effects of the alcohol in your blood."

■ WHAT'S NEW IN DERMATOLOGICAL RESEARCH?

Since the refinement of para-amino benzoic acids (PABA) to "paba esters," which no longer stain or require alcohol to support them, there seem to be now both medically and cosmetically acceptable sunscreens. Now some researchers are looking into the properties of the urea molecule in hopes of finding better moisturizers, according to Dr. Gilchrest. The urea molecule has both the ability to draw and hold water to it. If there is a way to transfer water from the molecule to human skin, we may have a real, external moisturizer at last. ■

■ BEAUTY AND HEALTH PRODUCTS NEW THIS MONTH IN THE STORES

Calvin Klein has something light and delicate for you to dress your hands with this spring—it's a "layered" look for nails and it works like this: He's created a **"gloss" for nails** to be worn over an opaque shade of enamel, the way we've worn gloss over lipstick. And, of course, since everyone now and then likes a bare, clean look, the gloss looks just great by itself on immaculately groomed and shaped fingertips. The gloss comes in four colors that have the same names as the opaque colors—so be sure you pick the right one. They're called **India Rose, Parma Rose, Rose Plum,** and dramatic **Black Plum.** The one goes atop the other and if you switch around pairs, you'll come up with some very original looks. $5 each at Saks Fifth Avenue stores across the country.

Sport Day Crème is a new, sheer-color makeup that you can wear with the same ease and informality as you wear the new "sports" fragrances. It comes in three colors—a Fair, Light Tan, and Bronze—and its formula is a hard-working one, one that protects with sunscreens and soothes with moisturizers. Its gel is derived from seaweed, which also makes it very smooth to apply. If your skin is dry or sensitive, you may also want to put just a slip of something underneath the crème to maximize moisture. $10 by *Christian Dior,* at fine department stores and drugstores.

Another helper that's effective for all

Continued on page 38

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LOOKING GOOD FEELING FIT

continued from page 36

skin types is *Lancôme's* new **Bien Démaquillant**, which they say is a p fect balance between a milky clean and a refining mask. What's best is t it's so quick! Apply directly to dry sk lightly massage over face, and rinse with a warm, dampened cloth or dan ened cotton wool—use real cotton—i you'll be amazed at the difference makes. The cleanser comes in a 4-ou plastic tube for $8.50 at Lancôme co ters at department stores.

Conditioning hair color for bla women is new from *Clairol*. Called **Be Beautiful**, it will come in six shade from deep amber to the richest bl black—in a shampoo-in formula t works with hair that may have been ready chemically treated or straighten The built-in conditioning rinse a makes it a one-step process. Born Be tiful is $2.79 a shade at drugstores a supermarkets everywhere.

Do you know about the Coty Award They are given every year to outstandi fashion designers by magazine edit and critics across the country. T spring, *Coty* is introducing a new a complete group of makeups and to called **The Coty Awards Collecti** What you profit from is a glance at th series of "Face Designing How-to which will be free at the counters. The are three: "Face Designing," "Lip D signing," and "Eye Designing," a they're filled with the tricks and tips pr fessional makeup artists use. The mak ups themselves are divided into two col categories—"The Classic Colors" a "The Fashion Colors." Each has a p ette of blue, plum, brown, and gre with carefully color-cued foundatio cheek and lip colors for you to choo You'll find the collection at Coty cou ters in fine department stores. ■

PAULA RICE JACKS

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The sign: **Aries**

Circa: March 21-April 20

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MARIA REAC

WORLD OF THE
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POWDER ROOM.

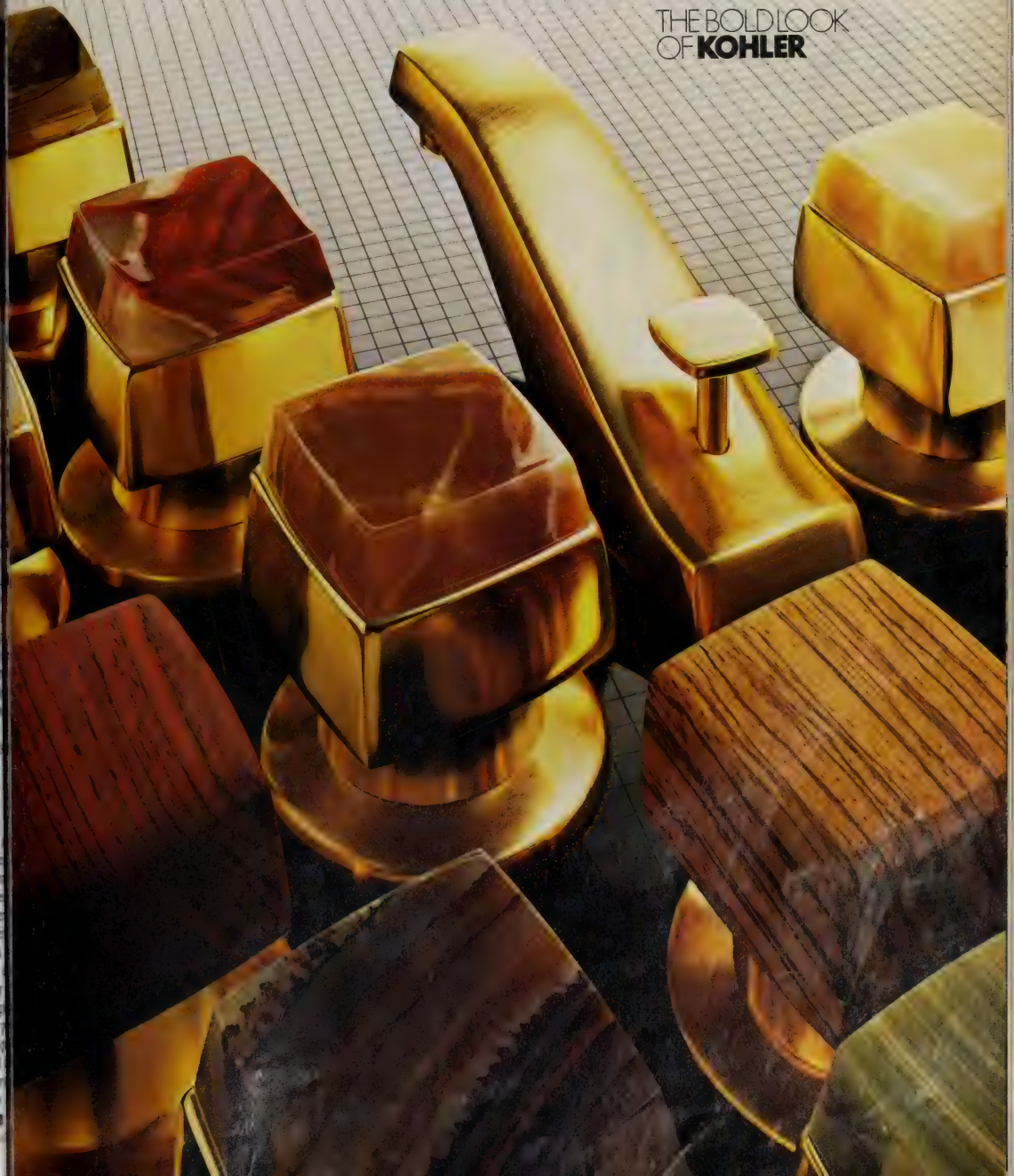
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HOW TO MOVE WITH T'AI CH'I



Visitors to China are often delighted at the sight of several hundred people gracefully gliding through the ritual movements of T'ai Ch'i in public squares and parks. The Chinese take breaks for exercise during the day the way Americans take breaks for coffee. The sequence sketched below is the opening series of the T'ai Ch'i exercise for you to try and enjoy. Relax. Let the movements flow of themselves and keep breathing even.



Place feet parallel about shoulder width apart; arms rise to shoulder height; hands in toward chest bending elbows to sides.

Slowly raise fingertips up; palms facing front.

Lower palms until fingertips hang just below wrist; soften knee stance and slightly bend.

Make a bowl shape with arms; draw right arm toward left shoulder; left arm toward right elbow; keep knees slightly bent.

Turning torso to the right, lift left foot and step to the side.

Weight on right foot, turn left knee away from hip, and begin to move torso to the left.

Lift left leg to stretch; arms move down and begin to move away from each other.

Stretch left leg and lower to heel edge; shift weight to left leg and bend knee.

Face left hand; gaze at palm and bring right arm back, bend elbow; gently push into knee.



Gently lunge on left knee; bring right leg parallel with left heel; make a bowl shape with arms, right under left.

Bend right knee and prepare to stretch right leg; left arm draws back; right arm moves forward.

Stretch right leg and come down on right heel edge; right arm pushes forward, left arm pulls back; gaze at right palm.

Lunge forward on right knee; keep balance centered, awareness centered in lower stomach.

Flex heel and turn on heel, pointing toe to the right; bring the bowl-shape closer to the torso.

Turn torso to face in direction of right toes; weight on right foot, draw left foot parallel with right heel.

Bend left knee to prepare to stretch; right arm draws away from body; left arm moves up to shoulder.

Stretch left leg to side, weight on right leg; right arm lowers to hip height; left arm moves straight ahead.

Lunge on left leg bringing right arm toward stomach, left arm over stomach to shape a bowl. Rest.

GOOD BOOKS ON T'AI CH'I AND HOW TO FIND A CLASS

Books:

ILLUSTRATED T'AI CH'I FOR HEALTH AND BEAUTY by Yung Ming-Shi. $7.95. (Bunka).

T'AI CH'I CHUAN, by Tem Horowitz with Susan Kemmelman and H. H. Liu. $1.95. (Chicago Review Press).

T'AI CH'I HANDBOOK, by Herman Kraus. $4.50. (Dolphin/Doubleday Book).

T'AI CH'I CHUAN FOR HEALTH AND SELF-DEFENSE, Master T. T. Liang. $2.95. (Vintage).

T'AI CH'I CHUAN AND I CHING, by Da Liu. $1.95. (Perennial Library).

T'AI CH'I, by Cheng and Smith. $10. (Tuttle).

T'AI CH'I A WAY OF CENTERING AND I CHING, by Gia-fu Feng. $4.95. (Collier).

T'AI CH'I CHUAN: AN ANCIENT WAY OF EXERCISING TO ACHIEVE HEALTH AND TRANQUILITY by Sophia Delza. $3.95. (Cornerstone Library).

T'AI CH'I FOR HEALTH, by Edward Maisel. $6.95. (Holt, Reinhart and Winston).

Where to learn about classes: T'ai Ch'i has been taught in studios and classes in America for some years. Check college newspapers, physical-fitness newsletters, and local consumer-activities listings of courses, or check the "Yellow Pages" for the listing "Judo, Jiu Jit-su, and Karate."

enter Chloé

"A woman does not put on my fragrance. She enters it."

Karl Lagerfeld



Parfums Lagerfeld · Paris

DEAR HOUSE & GARDEN

Answers to your questions. Here we share some interesting letters

By Margaret Morse

GOOD RIDDANCE

I've put both plain and unscented moth cakes in my closets and drawers over the years, but I find them all too pungent. Is there an alternative?

—M.A., New York, N.Y.

According to Katherine Dirks, technician in the Textiles Conservation Laboratory at the Smithsonian Institution, they've gotten by without these products—keeping their collections and storage areas scrupulously clean has sufficed.

Roy E. Bry, a research entomolo with the Stored-Product Insects search and Development Laboratory the U.S. Department of Agriculture Savannah has a similar suggestion: things away clean, in *airtight* contain in a clean and dry, not damp, place. isn't the natural fibers that attract clot moths, carpet beetles, and the like much as the food stains or body oils them. One study showed blends ma from animal and synthetic fibers, ca lessly stored, had more insect dama than all-animal materials. Another, t applying a tincture of ground cloves pepper reduced damage—but stain light colors. (You might try homema sachets of ground cloves or pepper stead.) What about a cedar chest? F the first few years the odor will strong enough to deter insects, but the after, Mr. Bry says, the major value the chest's tightness. Sealing clean clothes inside layers of heavy paper c work as well. Don't forget to air stor items periodically, and vacuum yo carpets and storage areas regularly.

Brushing and sunning clothing is hel ful, too. Under less-than-ideal con tions, you may have to rely on co mercial moth products. Read labe Naphthalene and paradichlorobenzen used as directed, will kill moths and ca pet beetles; camphor merely repel the

DO-IT-YOURSELF GAZEB

Please tell me where I can buy a buildi plan for a gazebo or a prefabricat gazebo. —D.P., Endicott City, M

Plans for an octagonal gazebo 9 fe 8 inches across and 12 feet high a available for $6 ppd. from Count Charm Gazebo, Dept. HG, 709 Timbe line Dr., Joliet, Ill. 60435. The versat plans show you how to build an op structure—with or without a latticewo railing—or a closed one (for a poolsi cabaña or storage shed). A list of ma rials is included.

We know of one couple—the Pa Ritts—who designed and built their ov gazebo. You can see the design, plus sketch and basic building tips that t how they did it in our February, 19 issue (pages 106-107 and 185), whi you may be able to find at the librar

A prefabricated, contemporary gaz bo with a pagoda-like roof is availab in southern pine from the Forest Pro ucts Division of the Koppers Compan Called the "Caroline Gazebo," it me sures 16 feet across and about 7½ to feet to the fascia. The roof structure- beams, columns, roof desk, fascia, roc ing, and hardware—currently cos $2,379 exclusive of shipping. Option flooring materials, to be cut to length the site, are available for an addition $415 plus shipping. For more inform tion, please write Gerald B. Wellne Koppers Company, Inc., Pittsburgh, P 15219. *(Continued on page 4*



Is the ugliest thing in your garden your hands? Here's help.



While you're creating beauty, your hands are going to pot. Rough, red, chapped hands like these can make you want to give up gardening.

You should know about Neutrogena® Hand Cream. This heavy-duty cream was originally developed in Norway to help the hands of Arctic fishermen. It puts a barrier between damaged hands and the things that have hurt them, gives raw, cracked skin time to heal. Often recommended by doctors, Neutrogena Hand Cream is so concentrated, just a dab is all that hurting hands need.

Keep it handy when you garden, and when you don't. $3, but worth it; satisfaction guaranteed or your money back from Neutrogena. **Available at selected nurseries and all better drugstores.**

* Neutrogena Corp. 1979



"I want a birth control method that's as spontaneous as I am."

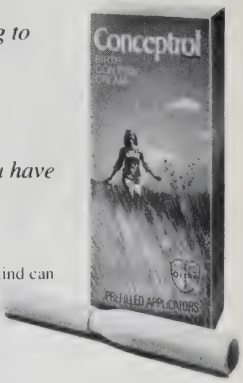
"I refuse to use the kind of protection that always has me wearing something internally. Or following some strict schedule. Being spontaneous is too important to me.

Conceptrol Cream is just great for women who feel the way I do. It's one of the most effective birth-control methods you can use without a doctor's prescription. And it comes in a disposable applicator–like a tampon–that's pre-measured to provide the exact amount of cream you need. It's easy to keep handy, too. The applicator's small enough to fit into even a tiny evening bag.

"And Conceptrol acts right away. So there's no waiting. Nothing to spoil the mood.

"You can tell that where Conceptrol's concerned, I've done my homework. But, after all, if you're going to be spontaneous, you have to give your birth-control method plenty of thought."

Remember, no method of birth control of any kind can absolutely guarantee against pregnancy. For maximum protection, Conceptrol Cream must be used according to directions.



Conceptrol* Birth Control Cream
You only use it when you want to

* Trademark © 1979 Ortho Pharmaceutical Corporation

NOW, SIGNIFICANTLY REDUCE DRYNESS LINES AROUND THE EYES.



The tissue around your eyes
is the most vulnerable skin on your face.
It's here that tiny dry lines can first appear.
New *VISIBLE DIFFERENCE* EyeCare Concentrate
is formulated to provide the special kind of moisture penetration
this fragile area needs...deep down, almost to where
new skin is born. Here it helps retain moisture, and builds up
a moisture bank so that, within 14 to 21 days,
there will be a substantial improvement in the skin around your eyes,
a significant reduction in dryness lines.
EyeCare Concentrate is a lightweight, fragrance-free, creamy lotion
that comes in a unique drop-at-a-time dispenser.
Try it. Only Elizabeth Arden can call an eye treatment
VISIBLE DIFFERENCE.*



Elizabeth Arden

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Sterling

says it all.



Pure. Classic. Nothing compares
o the splendor of sterling silver.
Its subtle elegance and enduring
quality defy imitation.

In the years ahead, this rare
and precious metal will become one
of your most valued possessions.
Make it a part of your life. Now.

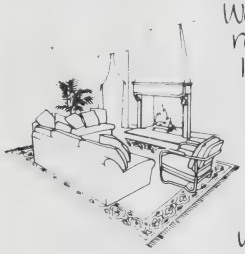
erling Silversmiths Guild of America, Riverside, CT 06878

What are designer fabrics doing in a store called Calico Corners?

Don't be misled by the cute name! Calico Corners has long been a favorite with discriminating amateur & professional decorators.

We personally select the crème de la crème in designer "seconds" for drapery, slipcover & upholstery. They are on the bolt, in stock, at an average of 50% less.





We can also refer custom labor. Come browse — you may wonder how you decorated without us!

Acton, Mass.
Arlington, Va.
Atlanta, Ga.
Aurora, Ohio
Bellevue, Wash.
Bloomfield Hills, Mich.
Boca Raton, Fla.
Cincinnati, Ohio
Coral Gables, Fla.
Denver, Colo.
Downers Grove, Ill.
E. Hanover, N.J.
Houston, Texas
Humble, Texas
Lake Forest, Ill.
Mamaroneck, N.Y.
Memphis, Tenn.
Mt. Kisco, N.Y.
New Orleans, La.
Orlando, Fla.
Pacheco, Calif.
Pasadena, Calif.
Portland, Ore.
Redwood City, Calif.
San Diego, Calif.
Sarasota, Fla.
Scottsdale, Ariz.
St. Clair Shores, Mich.
St. Louis, Mo.
Strafford-Wayne, Pa.
Stuart, Fla.
Tulsa, Okla.
Wilton, Conn.
Winston-Salem, N.C.
Zionsville, Ind.

CALICO CORNERS℠

DEAR HOUSE & GARDEN

continued from page 42

■ WORLD ON A STRING

Any magazine that takes kite-flying seriously ("How to Make a Kite," March 1978, page 16) deserves some kind words in return. My 12-year-old son is positively strung out on kites. Can you suggest a source for instructions for other kites?

—C.L., Coconut Grove, Fla.

For step-by-step clarity, you can't beat the instructions for building 16 kite designs in *Kites: How to Fly Them, How to Build Them*. The authors—Ambrose Lloyd, Charles Mitchell, and Nicolette Thomas—take kite-flying seriously, too, and aerodynamics, weather conditions, and the relative merits of various materials are discussed accordingly. In paperback at $3.95, there's a $1.03 surcharge for shipping and handling if you order directly from the publisher: Holt, Rinehart, & Winston, 383 Madison Ave., New York, N.Y. 10017, attention: Sales Department.

The younger reader may prefer a picture-primer of kite history, *Kites: The Gentle Art of High Flying*, by Susan Tyrrell, which tells how to build 22 kites and gives the names of 25 kite festivals, 7 kite makers, 6 kite shops, and 2 kite clubs as well. In paperback, it's $4.95 (with no charge for shipping) from Doubleday & Co., Inc., Dept. ZA-841, 501 Franklin Ave., Garden City, N.Y. 11530.

For either book, New York residents must add sales tax.

■ OUT WITH STAINS

Is there any home method for removing red wine stains from a white cotton tablecloth?

—O.L., Delray Beach, Fla.

Try this, preferably right when the stain occurs: Soak in solution of 1 quart warm water, ½ teaspoon liquid hand dishwashing detergent, and 1 tablespoon white vinegar for 15 minutes. Rinse with water. Place stained area, stained side down, over an absorbent pad. With a second pad dampened slightly in rubbing alcoh sponge stain from the cen out, irregularly around ed Change pads as you go. Wa Soak in a solution of 1 qu warm water and 1 tablespo enzyme product for 30 m utes. If fabric is colorf (check label and test the f lowing on a small, inconspi ous area), apply a solution 1 teaspoon chlorine bleach 1 tablespoon water with clean medicine dropp (Don't use metal to mix ble solution.) Wait *no longer* th two minutes, then flush w water. Apply vinegar to sta Flush again with water, bleach is out. Wash.

This tip is based on the U Department of Agricultur pamphlet "Removing Sta From Fabric: Home Me ods," which gives how-to's removing over 250 stains fr many fabrics. A copy is av able for 50¢ ppd. from Superintendent of Documen U.S. Government Printi Office, Washington, D 20402. Please ask for U.S.D home and garden bulletin stock number 001-000-036 1. Why not keep the bulle and stain removers handy an emergency-stain basket?

■ CRYSTAL CLEAR

We loved the shopping gu to glass in your March [19 issue. Do you have any inf mation on the craft of gla making? On old glass? A leads would be appreciat

—J.D., New York, N

A bibliography on glassm ing and the history of gl design here and abroad available from the Americ Crafts Council Publicati Department, 22 W. 55th New York, N.Y. 10019 $3.40 ppd. (or $2.40 A.C.C. members). New Yo ers add sales tax. ■

MANUSCRIPTS

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Being in hot water takes on a whole new meaning.

It brings a smile to your face. A tingle to your body. And makes you feel good like a bath never could before. It's the Athena whirlpool bath by Jacuzzi. Big enough for 4. Because feeling like this is something you might want to share.

Like all fine Jacuzzi whirlpool baths, it has patented venturi inlets, our quiet air induction system, a world-famous Jacuzzi pump, and the quality massaging action only Jacuzzi's 20 years' experience in whirlpool bathing brings.

It's the kind of hot water we'd like to see everyone get into.

Jacuzzi® WHIRLPOOL BATH

Without this trademark, it's not a Jacuzzi Whirlpool Bath.

For more information, call Toll Free (800) 227-0710. In California, Alaska and Hawaii, call (415) 938-7070. Or write P.O. Drawer J, Walnut Creek, CA 94596. © Copyright 1978 Jacuzzi Whirlpool Bath, Inc.

ELECTRONIC CIRCUIT



By David Lachenbruch

How to pick the stereo system that's right for you

A major factor in your choice of equipment is the room in which you will be listening to it

The principal components of a good high-fidelity stereo system are well known—an amplifier, pre-amplifier, and tuner (or a receiver which combines the three), plus loudspeakers, a turntable, tape deck, and so on. There's another component which should be a major factor in your choice of hi-fi—since it can significantly influence the sound of the music reproduced by your audio system—and that's the room in which you'll be listening. The size, shape, and furnishings of your living room, family room, music room—wherever you plan to install your audio system—can have a bearing on the type of components you buy and how they sound when you get them home.

If you're going to buy a complete new stereo system (rather than replace one existing component), experts almost unanimously agree that the loudspeakers should be the components you select first. There are several reasons for this. First, the speakers are the only components you'll actually *hear* working. They translate electronic impulses into sound, and hearing is a subjective experience. Different people have completely different preferences in the sound qualities they expect from loudspeakers. Second, the characteristics of the speakers should determine to a large extent the selection of other components—principally the amplifier or receiver. Since loudspeakers are considered the least "perfect" components, the most variable, and the most personal elements of your stereo system, the greatest care should be exercised in choosing them. And here's where your listening room comes in: They must sound good in the personal environment of your home. It's as simple as that.

Selection of quality loudspeakers should begin with a careful listening test in the well-equipped sound room of an audio dealer. But even after you've selected the pair of stereo speakers which sound best to you *in the sound room*, you may find they sound completely different at home because of differences in acoustics. For this reason, it's advisable to arrange return privileges with the dealer, if possible.

The next step is selecting an amplifier or receiver which is properly mated both to your speakers and the acoustics of your listening room. To many people, this is more confusing than picking the right speaker, because of the technical claims made by the manufacturers. Amplifier and receiver makers are embroiled in a competition reminiscent of the automobile industry's fondly remembered horsepower race, as claims for the power of these audio components go up, up, up to as much as 150 or 200 watts per channel or more—and the cost of the unit escalates along with the power. So it's a waste of money, even though the energy required is minimal, to buy more power than you actually need. On the other hand, inadequate power can completely spoil your music listening.

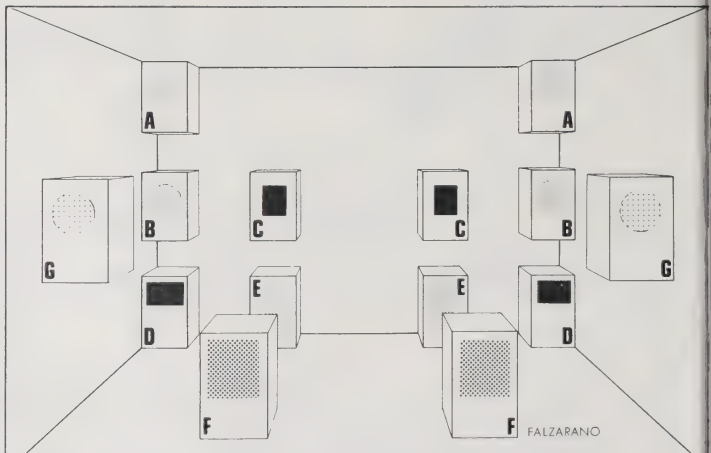
HOW MUCH POWER?

How do you determine how much amplifier power you need? First, it's important not to make the mistake of equating power with loudness. Actually, most musical passages at moderate volume might not require more than a couple o watts output from an amplifier. But crescendo occurring only momentarily in the music might require a power in crease of 20 to 30 times or more, eve though it certainly doesn't sound 20 t 30 times as loud. When amplifier manu facturers talk about their power output they're referring to the output leve reached without significant distortion— these claims (and the actual amount o distortion) are spelled out in amplifie advertising and policed by the Federa Trade Commission. If the amplifie didn't have sufficient power reserve, th music would distort during the crescen do, breaking up or changing the charac ter of its sound—an extremely unpleas ant listening experience. If you think o power output ratings as describing th reserve available in the amplifier fo loudness peaks, you're on the right track

Some of today's super-power ampli fiers probably would be adequate to fill medium-sized auditorium with music. I you don't have an auditorium-sized lis tening room, you simply don't need th highest-power amplifiers made. They might even blow out your loudspeakers

Loudspeakers vary widely in effi ciency. An "inefficient" speaker isn

Continued on page 5



7 WAYS TO ARRANGE SPEAKERS FOR THE RIGHT SOUND

Speakers **A***—high in the corners—will provide the strongest bass, as will speakers in position* **D,** *the lower corners. For some rooms, however, the sound may be too boomy or uneven in different parts of the room. Speakers at* **B, C,** *or* **E** *should give a more uniform sound, but slightly less bass. By moving speakers* **G** *and* **F** *into the room, away from the wall, the sound will be even more evenly distributed, but the bass response will be cut further. Finding the set-up that will sound best in your listening room will require experimentation. Carpeting, furniture, and wall covering make each room sound different, so try several arrangements to find the one that works best.*

VITH THE POTSCRUBBER® III DISHWASHER VERYTHING COMES OUT BEAUTIFULLY: IY CHINA, MY CRYSTAL, EVEN MY SILVERPLATE."



That's because the Potscrubber III dishwasher cleans better than any dishwasher General Electric has ever made.

The exclusive Multi-Orbit™ wash arm directs a constantly changing pattern of water up through the dishes. This arm, combined with the Power Shower on top and the Power Tower in the middle, gives you 3-level washing action to get your dishes and glasses cleaner than ever before.

And the Potscrubber III dishwasher even ashes those messy cooking utensils. Its special Power Scrub® cle, while it may not do everything (such as remove burned-on soils), designed to remove dried-on and baked-on foods from pots, ns and casseroles.

Emily Ward
Bellmore, New York

IKE THE ENERGY SAVER FEATURE."



We made the Potscrubber III shwasher to be a real energy saver. It's ecially designed to use less hot water an our previous models. That means ur family could save hundreds of gallons a year. And the ergy Saver button lets the dishes dry naturally. That makes it st even less to run.

HAT REALLY CONVINCED US TO BUY WAS THE PERMATUF UB. AND IT COMES WITH A FULL 10-YEAR WARRANTY."

The Potscrubber III dishwasher is designed with General ectric's exclusive PermaTuf interior that makes the tub rable. So durable, it has a 10-year warranty.*

That same PermaTuf interior is actually a sound-dampening aterial which helps your Potscrubber III dishwasher n quietly, too. And we even surround the PermaTuf tub th a blanket of sound insulation.

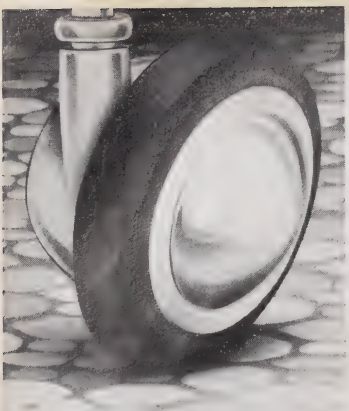
No wonder women all over America find such nice ngs to say about their Potscrubber III dishwashers. See e Potscrubber III dishwasher at your local GE dealer.

* will repair the tub or door liner if it should fail to contain water due to a nufacturing defect such as chipping, cracking, peeling or rusting in rmal use.

GENERAL ELECTRIC







Roll-on protection

Shepherd casters do much more than make your furniture easy to move.

They help protect your hardwood and vinyl floors from scrapes and scratches. And your valuable carpets from wear and tear.

What's more, Shepherd has casters of all kinds for almost any piece of household furniture you own.

And you don't have to be a handyman either. Because they're a snap to install.

Use Shepherd casters to help protect any surface—and let the protection roll on.

shepherd® casters

Wherever hardware is sold -here and in Canada.

ELECTRONIC CIRCUIT

continued from page 48

necessarily worse than an "efficient" one—it simply needs more amplifier power to drive it. Manufacturers of good hi-fi loudspeaker systems provide figures for the minimum power required to operate the speaker adequately and the maximum power it can handle before it's damaged. (The damage can be prevented by installing a special speaker fuse.) A speaker may be advertised, for example, at 20 watts per channel "minimum recommended amplifier power rating" and 100 watts "maximum recommended amplifier power rating." These numbers can serve as a guide to the range of amplifier or receiver power you'll need.

The advertised "minimum" requirement is generally based on use of the speaker at normal listening volume in a room of about 3,000 cubic feet (for example, 15 by 20 feet with a 10-foot ceiling). For a 4,000-cubic-foot room, the power should be about 50 percent higher, or about 30 watts per channel. For every additional 1,000 cubic feet, you should go up another 50 percent more than the power needed for the 3,000-cubic-foot room.

These figures are for a room with "average" acoustic properties. A room's furnishings have an important bearing on its acoustics. An acoustically "live" room is one in which there are many surfaces to reflect sound—painted or papered walls, hard floors, little drapery, unupholstered furniture. A "dead" room is one in which sound is absorbed—this might have wall-to-wall carpeting, upholstered furniture, heavy draperies, open doorways. Most rooms fall into the middle area. A "live" room requires about a third less power than an average one, and a "dead" room a third more.

Individual preferences in music also enter into amplifier power requirements. The figures given here so far are for average tastes and cover most types of music and recordings. However, those who listen to extremely loud organ music or rock-and-roll or have collections of new ultra-high-fidelity recordings with wide dynamic ranges and very high peaks in volume probably should buy an extra 30 to 50 percent more power reserve in their amplifiers. Even in this case, for an average 3,000-cubic-foot room, we're talking about the neighborhood of 30 watts per channel—which, as hi-fi goes, is a pretty good neighborhood for most people.

These rules provide only a very general guide. If you err a bit on either the high or low side, you're still quite safe.

PLACING SPEAKERS

When you get your new stereo components home, you'll probably have to "fine-tune" the loudspeakers by experimenting with their placement in the room. Their location can affect both the amount and the distribution of the bass tones. In general, the closer the speakers are to the floor, wall, or ceiling, the stronger the bass. They'll deliver the most bass if placed on the floor (or mounted touching the ceiling) at the corners of the room—but this may be too much "boom" for you. You generally can find the proper location only by trial-and-error, playing a record with plenty of bass and moving the speakers slightly in from the walls and up from the floor (putting them temporarily on chairs or books—stands are available for a permanent arrangement) until you determine where they sound best. Be sure to listen experimentally in different parts of the room to make certain the low tones are distributed evenly.

The placement of speakers with respect to the listening area to achieve proper "stereo separation" was a matter of serious protocol in the early days of stereo—until it was discovered that separation wasn't all that critical (improved equipment helped, too). In any living room or family room, the furnishings usually are arranged so there's a concentration of seating facilities in one general area. Some experts recommend that the speakers be put as far as possible from this area, but equidistant from it and at least 6 feet apart.

The beauty of quality hi-fi components is that every setup is actually a custom installation. The type of components you choose and how they will sound depends on the environment in which you're going to use them. If they are chosen with care, your listening room can be the ultimate component.

CHECKLIST FOR SOUNDING OUT SPEAKERS

- You'll be able to judge sound best if you're familiar with the record, so bring one with you to the store. It should be a good quality record of the type of music you like to listen to, with a wide range of dynamics (loud and soft passages) and a variety of instruments.
- Listen to the sound of the music as a whole, not just the "highs" and "lows." The music should sound lifelike, sharp and clear without fuzziness. You should be able to pick out individual instruments in an orchestra.
- Compare only two speakers systems at a time. Select the one which sounds better to you, then compare it with another system. Continue this process until you have eliminated all but one.
- Remember that *sound* is the most important thing about speakers—how it sounds to *you*, and not how somebody tells you it sounds or how the "specifications" indicate it should sound.
- If possible, arrange for exchange privileges to test components at home—where they may sound different. ■

"THIS 1937 GE REFRIGERATOR'S THE ONLY ONE MOM'S EVER OWNED. TO ME, THAT'S MONEY WELL SPENT."

– Elouise Prater



Jane Prater, Tyler, Texas

This General Electric 'Monitor Top' looks kind of funny today. But back when I bought it in 1937, it was real elegant.

And you know, it was one of the best buys anyone could make.

It's the only electric refrigerator I've ever owned, and it's sitting in my kitchen this very day, working away like it's always done. Still keeps the milk nice and cold, and the lettuce crisp.

It never needed any service, either, aside from replacing the gasket on the door.

My family teases me about it, but I simply can't replace this faithful friend.

The salesman who sold it to me still lives here in Tyler. I saw him the other day and I shook his hand. "Mr. Atwood," I said, "it's still working."

Elouise Prater, Temple, Texas

My mother-in-law's old 'Monitor' really influenced our choice. And I grew up with my own mother's GE refrigerator. She had it 30 years.

We've had so many GE appliances that have lasted and given great service, well, to me, the name General Electric means dependability.

So even though I looked at some others, I knew this beautiful GE side-by-side was the only refrigerator I wanted. I like getting ice cubes and crushed ice and chilled water without opening the door.

Inside, there's lots of room. And adjustable glass shelves that are easy to clean. Automatic defrosting, of course. Even a separate temperature control for my meat bin.

I expect it will last and last, like that 'Monitor' of Jane's. I can't imagine a better value.

IT ALL ADDS UP TO A GOOD INVESTMENT

GENERAL ELECTRIC

Do you recognize this American landmark?



Probably not. No famous person was born in this house. No treaties were signed here. This house is simply a charming example of period architecture that is perfectly suited to today.

It doesn't take a mansion to be a landmark. There are thousands of fine buildings like this one all across the country. They're part of our heritage too, just like Monticello and Mount Vernon.

These buildings can be revitalized by adapting them to modern uses.

Let's hold on to these pieces of our history while we still can. Support historic preservation in your community.

For more information write Membership Department, Office of Public Affairs, The National Trust for Historic Preservation, 740 Jackson Place, NW, Washington, DC 20006.

ENERGY UPDATE

How to heat your swimming pool with solar power

With rising utility costs, natural energy is a cost-effective alternate means of keeping your pool warm

By Jane Wholey

Editor's note: Jane Wholey is a widely published writer in the area of energy. She also acts as a consultant for the Energy Task Force, New York City, a group of energy concerned architects, engineers, and educators.

At current utility rates, a swimming pool with gas heating system can cost up to $150 a month to operate. Some experts estimate that by 1985 the figure will increase 300 percent. Others speculate that by that time, natural gas for swimming-pool use may be prohibited because of a national shortage.

For pool owners, obviously, installing a solar pool heater, as over 30,000 other Americans have already done, makes economical and environmental sense. Solar pool heaters represent one of the most cost-effective methods of harnessing sun energy. (Note they operate best in tandem with a pool cover that keeps heat from escaping at night and on windy days.) Solar pool heaters are economical, because they only have to boost water temperatures a few degrees—to 80 degrees Fahrenheit—and they also make use of machinery already in place at the pool. Most swimming pools have pumps to push water through the filter, and the same pump can usually power a solar system at the same time.

The most popular system for solar pool heaters is called the "open loop," and here's how it works: A series of collector panels with pipes running across them are placed on a rooftop or on the ground near your pool. Wherever they are installed, the collectors will cover a space about 75 percent of the surface area of your pool, and are connected to the pipe that circulates water from the pool to the filter (see "open loop" diagram). Water is pumped out of the pool and through the filter as always, but instead of returning directly to the pool is diverted into the collector pipes wh the sun heats it. The hot water retu to the main line, and then flows back the pool.

One additional piece of machin that will be installed with the systen an automatic or manual valve—plac at the point where water enters the c lectors. (Knowledgeable experts pre the manual type as there is less mach ery to go wrong.) Its purpose is to you shut off the collectors at night a on sunless days. Some nights, howev you may want to keep the collectors After a blistering hot day when the p water has overheated, you can keep v ter circulating through the collec pipes to cool your pool for the n morning's swim.

THREE MATERIALS: PLASTIC, COPPER, AND STEEL

There are three generally accepted m terials to consider for the collectors your "open loop" system: plastic, co per, and stainless steel. Plastic is t cheapest and most commonly used. T two largest manufacturers are Solar I dustries of Farmingdale, N. J., a FAFCO, of Menlo Park, Calif. Li many of the solar pool heater manufa turers, they sell their products throu nationwide distributors, and both use type of plastic called polypropyler Together, Solar Industries and FAFC have sold over 75 percent of the existi solar pool heaters in the country.

According to the manufacturers, pla tic is impervious to pool chemicals th might affect other materials like coppe Plastic's major disadvantage, howeve is that the material is less durable th copper and stainless steel. In additio plastic is lightweight, and the collecto can rattle in windy locations. But pla tic's weight can be an advantage, too— makes the collectors easy to lift and i stall.

Unfortunately, there is no such thi as a standard cost for a plastic po heater, or for that matter, solar heate made of copper or stainless steel. Var ables like the size of your pool (the bi ger the pool, the more collector panels and the amount of shade and wind i the yard (a lot of either means more co lector panels) will change the pric There is, however, a rule of thumb ca culation that many solar pool heate manufacturers agree will give you som

Continued on page 5

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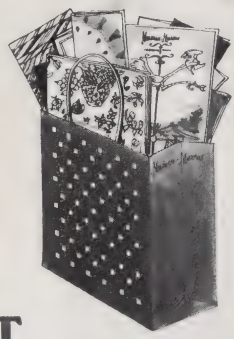
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ENERGY UPDATE

continued from page 52

idea of expenses. The calculation is based on the price per square foot of the collector material. Take, for instance, the plastic collectors from Solar Industries and FAFCO. They sell for about $4 a square foot, and additional hardware and installation costs hike expenses to about $7 per square foot. To figure an approximate price for a plastic pool heater, multiply $7 by 75 percent of your pool's square foot surface area. (For a pool that measures 15 by 30, the total square foot surface area is 450. 75 percent of that is 338. $7 x 338 = $2,366, total cost. This is about the lowest possible price for an average-sized pool. Prices can go as high as $3,700.) This may sound like a heavy investment, but compare the price with that of a natural gas heating system. In sunny climates like southern California, where the swimming season could be stretched an additional five months each year with supplementary heating, gas bills would run about $750 annually. After three years, counting gas costs and the price of the heater itself, the California pool owner will have spent at least $2,850. By that time, a plastic solar heater would almost have paid for itself.

As a rule, copper collectors are more expensive than plastic—at least $7 a square foot—but one major manufacturer, Terra-Light of Billerica, Mass., and Visalia, Calif., sells a system that costs the same as plastic. Another large company, Revere of Rome, N.Y. is hoping to develop a package in the same price range soon. For the other sixty or so copper manufacturers, pool heating systems will probably run at least $4,000 installed, with a starting payback period of five years for the pool owner in climates like southern California, and eleven for those in the Northeast.

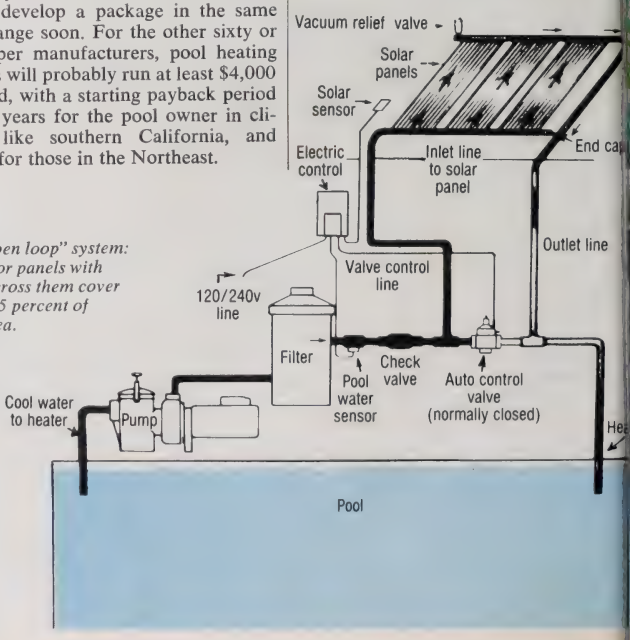
You should know one reassuring about copper. Collectors made from material have been gathering sunligh the United States since the turn of century, and, according to one study, earliest ones are still going strong. A advantage is that copper may turn p water blue if the pH isn't properly anced. Before investing in a copper s tem, it would be wise to discuss the problem with a home owner who has collectors.

For the most part, you can expec pay the highest prices for stainless s collectors, and they are the hardest find. One manufacturer, Ener-Tech Las Vegas, Nev., sells them for about a square foot wholesale, and expe they go for $7 and up retail. The prod is as durable as copper, and has anot similar advantage: It won't rattle in wind. Manufacturers of stainless st say that it is also unaffected by po chemicals—which eliminates the problem.

CONCRETE—THE RADICAL COLLECTOR

This spring, a fourth type of material w be available for solar pool collecto and a surprising one at that: concre The collector looks radically differe from others used for "open loops," cause it isn't a series of panels—it's large floor of dark concrete poured

Continued on page



The "open loop" system: Collector panels with pipes across them cover about 75 percent of pool area.

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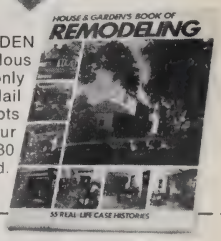
"An architect convinced us that we couldn't afford the house we wanted, and he suggested we get a small house on a piece of land we loved, and add on from there. It was good advice. The house grows along with our needs, and each addition, like all good things, is worth waiting for." *Mrs. Judy Natkin*

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ENERGY UPDATE

continued from page 56

inches thick around or beside the p You'll need an area about 75 percent square footage of your pool, and if concrete is poured to one side, it dou for a good-sized patio. The colle pipes are inside the concrete, and connected to the pool filtration syst Water circulating throughout the co tor pipes also serves a double funct it cools the patio as well as heats pool. An English company, Solar P expects to sell this product thro Ecosol Materials of New York. Ec vice-president Bruce Roden says it be slightly cheaper than the plastic p heaters.

BUYING A POOL COLLECTOR

When you get ready to shop for a s pool heater, keep three criteria in mi esthetics, economics, and technol Before approaching the manufactur contact home owners in your commu who have solar pool heaters, and them. Take a look at the collectors. they improve or detract from the pearance of the property? Are the p hidden, or are they too distracting ually? Ask the owners about the price their systems, and if there are any den costs. Perhaps more important, hard questions about the system's p formance. Does it heat the pool t comfortable temperature? How long it extended the swimming season? H there been maintenance problems?

Next, try to do as much research possible about available systems. National Solar Heating and Cooling formation Center and the June, 1 issue of *Solar Heating and Cooling* m azine will supply you with manufac ers' names and addresses (see refere list). When contacting the compan ask them about their track records how many systems they have install Inquire about the warranties. Ten ye is best, but some reliable manufactu only offer five. Make sure the warra isn't conditional, and that the comp behind the statement can produce sults.

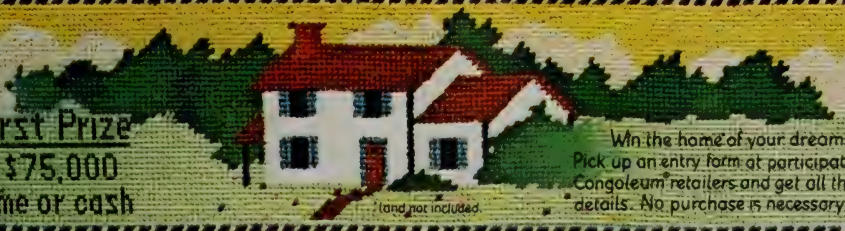
Remember when comparing the v ous systems that buying a solar p heater isn't like buying a vacuum cle er. Solar is a fledgling industry, and far, it has no commonly accepted st dards that serve to isolate inferior pr ucts. Also, it's difficult for a consu to understand the technical aspects solar energy systems. One way to so this problem is to discuss the prod that appeal to you with a knowledgea independent source.

Continued on page

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ENERGY UPDATE

continued from page 60

Robert Bedell, an engineer at New York City's Energy Task Force, recommends retaining a person with solar experience to look at pool heaters with you, and to oversee the installation of the system you choose. The Copper Development Association's W. Stuart Lyman advises that you consult a trusted plumber, contractor, or heating and cooling expert. One note of warning: Some professionals you may call in may know as little about solar as you do. If, however, you are satisfied with your consultant's grasp of solar technology, you might ask them to install the system. At least discuss installation prices and compare them to those of the manufacturers.

■ DOING-IT-YOURSELF

If you are a home owner who enjoys do-it-yourself projects, you may consider installing the system on your own. This can cut costs significantly. Walter Cosel, Solar Consultant to the Sheet Metal Workers' International Association, believes a person can hook up an "open loop," if he or she is capable of installing an underground sprinkler system. W. Stuart Lyman says only a high-school science background is necessary, along with the Copper Development Association's free 47-page booklet, "How to Design and Build a Solar Swimming Pool Heater." (One man, Paul Nankivell of Hollywood, Calif., used the booklet in 1976 to build a system that heats his 700-square-foot pool. Nankivell reports that he had some previous plumbing skills, and built his copper "open loop" with $1,000 worth of materials in a week's time. According to his calculations, the system will have a five-year payback period.)

Some home owners have been known to make and install their own solar pool heaters for as little as $60. One method, while not as efficient as traditional collectors, employs several hundred feet of black plastic tubing. The material is wound in a tight coil, set on the ground near the pool, and attached to the filter pipe. When pool water is pumped through the coil, it acts as a collector, and delivers water back to the pool heated by a few degrees. There are other halfway approaches possible, too, like painting the pool's bottom black to absorb extra heat into the water.

■ ESSENTIAL COVER-UP

Experts from the National Swimming Pool Institute say that whatever solar heater you install, "don't forget a pool cover." There are two types to choose from, opaque and transparent. They usually sell for between $100 and $250 for an average 450-square-foot pool, and come in numerous varieties. The opaque cover tends to be less expensive than the transparent, and its most important feature is that it reduces evaporation loss from the pool's surface. The Institute estimates that 70 percent of a pool's heat loss comes from evaporation, and that every gallon of water lost removes 6,000 BTU's of heat stored in the pool. About 60 percent of that loss will be prevented by using an opaque cover at night and on windy days. A transparent cover offers an additional advantage. It acts as a collector, letting sunlight pass through to the water beneath. If you buy a pool cover, check the warranty (three years is probably sufficient), and consider a lightweight one that is easy to install and remove; one that doesn't take up much space when folded. If the cover is a nuisance to use and store, it may end up in the tool shed for the swimming season.

■ A TOTAL SYSTEM

If you're very ambitious, you may want to hook your pool heater into your indoor heating and cooling system. In Walter Cosel's system, solar collectors heat his pool, then heat-energy stored there aids an electrically powered heat pump to warm water in the house. The solar assisted heat pump also warms air indoors during winter, and air conditions it for summer. Heat removed from the house in hot weather is deposited in the pool.

Systems similar to Cosel's are now available from Vanguard Energy Systems of San Diego, Calif., and Advanced Design Associates of Orlando, Fla. Vanguard's total setup costs about $15,000 installed (for a three-bedroom house), and it will heat your pool, supply space heating and air conditioning, as well as 75 percent of your domestic hot water needs. Combining all the savings, payback period is a surprisingly low four to six years—depending upon the part of the country where you live.

To sum up, you can look on solar heating for swimming pools as a beginning. It's one step toward energy independence from fossil fuels for the entire house. ■

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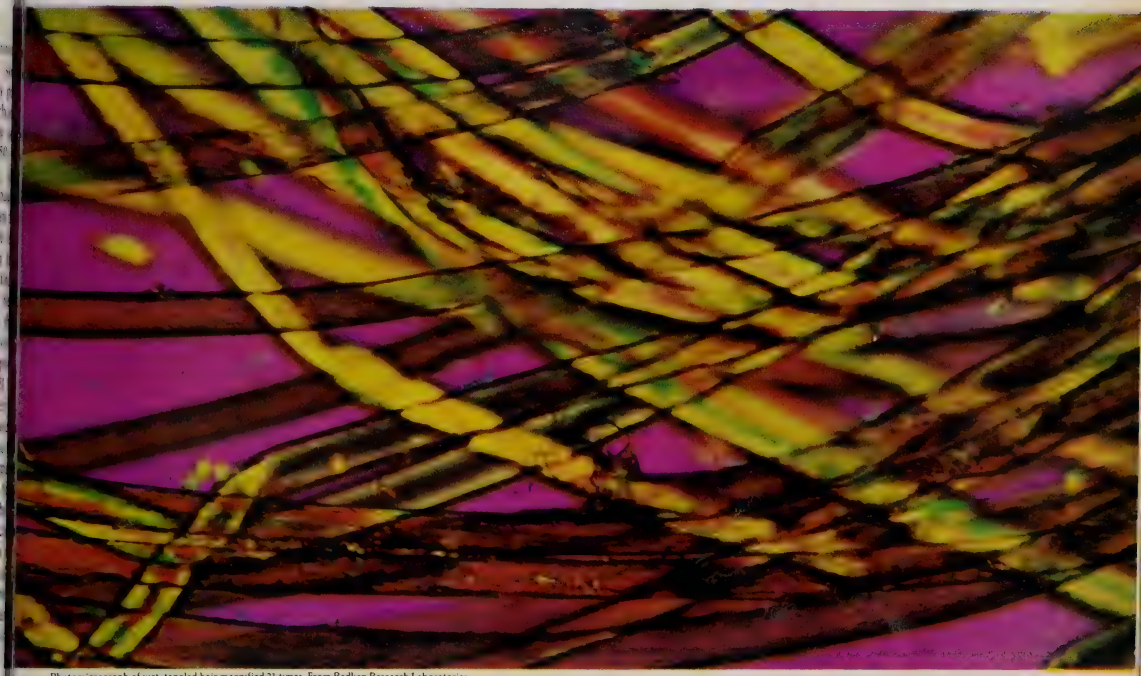


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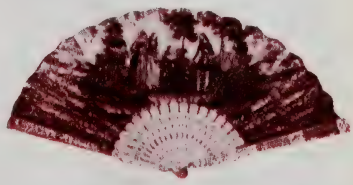


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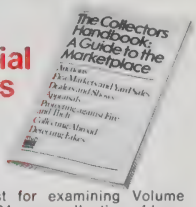


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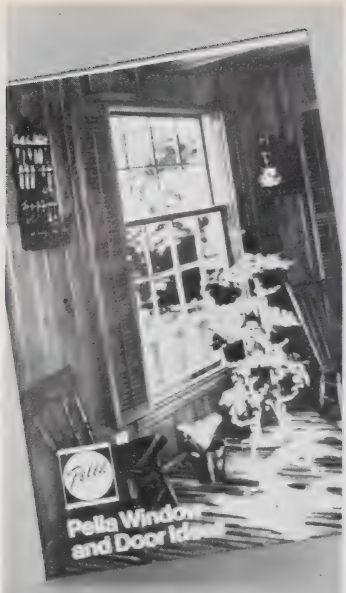
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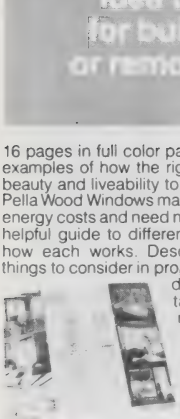
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How to straighten a warped door

Plus how to make a heat deflector to protect a window sill garden, tuning up a shower head, and restoring a scratched wood floor

By Deanne Raffel

Q My bathroom door is warped and no longer closes easily. Is there an easy way to correct this problem?

A Although it may be possible to straighten the door, it is better to forget trying to align it. Doors nowadays are mostly hollow-core and, with all the humidity on one side of it, the door will probably return to its warp. Instead, work on the door stops which are the narrow moldings on the door frame or jamb. When the door deforms, it consequently rubs against the stops or does not meet them properly when closed. The stops are strips of wood, thin and flexible to a point, and can be removed from the jamb and reset so they conform to the warp of the door. Start by prying the stop from the jamb adjacent to the warped section of the door with a wide blade putty knife and the added help of a hammer. Ease the stop off the jamb while working the entire length of the strip. Once the strip is off the jamb, pull out the nails and secure the stop back on to the jamb in line with the door (warp and all). It is possible only this stop may need realigning, but if the door still sticks, work on the other side stop and top strip as necessary. Do not use the original nail holes when attaching new fasteners. Move a few inches in either direction. With a nailset, countersink nails ⅛ inch and fill holes with wood filler or prepared spackle. If there is tension on the door lock strike plate, it may require slight repositioning on the jamb. Remove the plate, fill screw holes with plastic wood filler, let filler dry, then reattach the plate.

Q The radiator in my living room is also the window sill. Is there any way to deflect heat away from the sill so that I can use the radiator to display plants?

A An effective—and attractive—heat deflector can be made from a narrow panel of ¼-inch acrylic attached to 3 triangular supports. The result is an "invisible" vent to protect your plants.



You can have the acrylic cut at your lumberyard or at a plasti ply house. To figure the dimension sure the depth of the radiator heat ing and add 2 inches. This is hov the triangle support should be, a height should be half of this dime Use these measurements to make a diagram of the triangle; comput length of the third and longest side is the depth needed for the def panel to fit snugly on the supports panel width should be 4 inches l than the total radiator opening.

Armed with the necessary mea ments, you can order the acrylic also purchase the other materials need: six grades of sandpaper fro to 600 (the finest grade) and a cement (solvent) with a hypo- applicator.

To finish the cut acrylic, wra roughest grade sandpaper around a of wood and sand raw edges. Work to the finest grade for a smooth su Keep sanding block square for a s edge. (Acrylic comes with maskin per on both sides. You can leave while sanding the edges of the tria and the deflector.)

To assemble, peel off masking on the triangles and one side of the el. Mark two lines on the panel, an in from each end, by making a scratch on the uncovered side. M the longest side of the triangle to thi and run a fine bead of solvent alon joint between the support and the on both sides. Hold support fast seconds, making sure support is pe dicular to the panel, until the bond is transparent. Repeat for other triangles. When hard, peel off rema paper on panel and place over vent

Continued on pa

Up to now, food processors let you do everything except control them.

With the new Farberware Food Processor, you select the right speed for every kind of job. So you always get the right results.

ecause most food processors ork at only one speed, they eat all food like it's all the same od, which can cause roblems. Especially r someone just be- nning to use a food rocessor.

For instance, a mato's not as firm as potato. There should e a simple way to slice ach one perfectly. And w Farberware's pro- ssor gives you that simple way.



More speeds for more jobs.

y letting you dial just the right icing, chopping, grating, blend- g, mixing, pureeing, kneading, eating or shredding speed, you et just the results you want.

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Say you're preparing a vege- able salad. For the firmer foods, ke carrots, dial a medium speed r medium slices, a faster peed for thinner slices. And ial a slow speed to gently slice e tomatoes, without making ashed tomatoes.

Try making blueberry muf- ns with most other processors nd you could end up with a owl of purple batter. With ours, st dial a slow speed to delicately lend in the blueberries.

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More power to you.

Even the heaviest doughs can't bog our processor down, because the motor actually delivers more power to the blade than direct drive processors. It's a reliable motor, too, thanks to solid state circuitry. And it not only works harder, it also stops faster. In under 3 seconds.

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This summer, enjoy cool comfort on sweltering, humid days. Get a good restful sleep on hot, stuffy nights. See your Kelvinator dealer now. He loves a cool customer.

65
A 65 year commitment to excellence



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WCI

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1914, and Kelvinator invents the home refrigerator. Later, the first side-by-side refrigerator-freezer. Then, slim, space-savers we call Trimwall® models. Through the years, dozens of advances and optional extras. Today we're still improving our refrigerators to make them more functional, beautiful and durable. And to save more energy than ever. There's a size and style to fit every need, all built to give a lifetime of dependable service. Single doors, top or bottom freezer sections. And the fabulous Foodarama side-by-side refrigerator-freezer. And new this year, an all-refrigerator model and a stunning water-and-ice in the door model. In classic white or glorious natural colors. Inside and out, Kelvinator knows refrigeration best.

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HOUSE FIXER

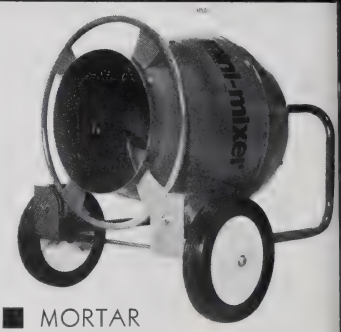
continued from page 68

Q Water from my shower head dribbles rather than sprays—the hot and cold water have no force. Is there a remedy?

A Since the dribble is the same for both hot and cold water, the faucet washers should not be blamed for the water inefficiency. First check to see that the shut-off valves (if there are any) are completely opened. They may be located in the wall or closet on the other side of the shower wall, or in the basement or utility room. The water pressure may not have been sufficient to insure a vigorous shower spray. If the valves are not the problem, then the shower head itself probably is clogged with various kinds of residue that sometimes collect in the mesh of spout aerators. The openings that the water sprays from also can be a problem area because lime does build up around these tiny holes. The spray head needs to be taken off the water pipe and cleaned out. Use two wrenches—one to hold the pipe and the other to loosen the nut that attaches the shower head to the pipe. To protect the chrome plating on the pipe and nut, wrap masking tape, adhesive tape, or a strip of leather around the areas where the wrenches will grab. A pipe wrench will be necessary to hold the pipe; the nut may require a second pipe wrench or a monkey wrench or an adjustable wrench instead. Loosen the nut—a little tapping with the wrench might be needed to help unfreeze the joint. Next unscrew the nut and remove the head. Turn the shower head so that the nut end is facing down; shake it—sand, rust particles, etc. should come tumbling out. Place the head in a saucepan, cover with white vinegar, and boil for at least 5 minutes. This should dislodge the accumulated residue inside the unit. Slip a bottle brush into the nut opening and work it around. Rinse with warm water and dry. To reseal the head onto the pipe, wrap the pipe threads with a layer of Teflon threading tape. Replace the head and tighten—again using the two wrenches.

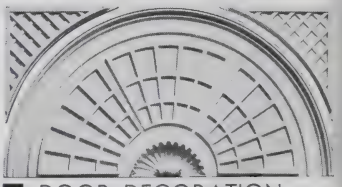
Q I've had my wood floor professionally sanded since it was badly scratched. How should I finish it? Should I stain it?

A Staining a wood floor is not necessary unless you want to accentuate the grain or change the color. If you like the look of a stained floor, it is an easy job. Use a cloth or brush to apply, and see can directions for drying time before adding additional coats. Even if you stain a floor, however, it must be sealed after sanding. (Sanding is always a job for a professional.) *Shellac* dries quickly, but has poor resistance to heat, alcohol, and water spots. *Varnish* dries slowly, but does give better resistance to heat, alcohol, and mild acids. *Penetrating wood sealers* sink into wood and form a wear resistant surface and can be easily touched up, whereas shellac and varnish do not repair well. A *polyurethane* finish will give a hard, abrasive-resistant surface to a heavily traveled area. Like varnishes, polyurethanes are produced to give a high-, medium-, or low-gloss luster. You must make the choice of a finish to suit your individual requirements. However, the penetrating wood sealer, coated with wax and buffed will give a visually satisfying and rich coating as long as it is properly maintained.



■ MORTAR MIXER

The Mini-Mixer is a small, hand-powered cement and mortar mixer for use in building or repairing a walk, a terrace, or doing other masonry jobs. It can mix a 90-pound bag of premix cement in 90 seconds with a hand spinner wheel that turns the 18-by-20-inch drum. Ingredients are combined with the rotating and agitating action of a big mixer. Of heavy duty steel with three removable mixing blades, it weighs only 50 pounds. It can also be used to mix potting soil, mulch, or other materials. List, $129.95. W. C. Bradley Enterprises Forge Dept., P. O. Box 1240, Columbus, Ga. 31902.

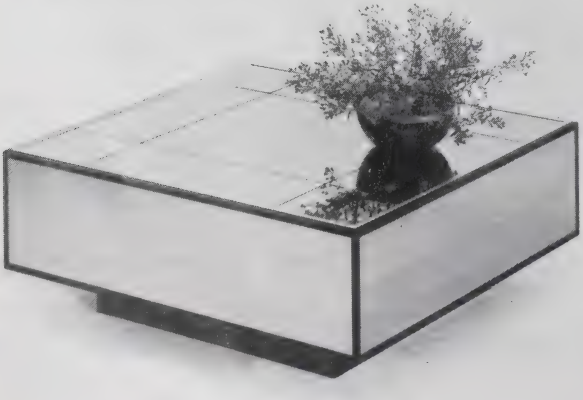


■ DOOR DECORATION

This trellis and shell overdoor is a single, half-circular unit to apply above doors or windows. Inspired by details of the 18th-century Royal Pavilion at Brighton, England, it is lightweight polymer, easily applied, mailed, or drilled. Plaster white in color, the #708 overdoor is 43¼ inches wide, 22⅛ inches high, and projects 1¼ inches. Triangular trellis pieces (#750) are also available to frame the arch. List price, #708 overdoor, $175; #750 companion pieces, $20 each. Focal Point, Inc., 4870 S. Atlanta Rd., Smyrna, Ga. 30080.

Scene One, a contemporary collection from Henredon, is a sophisticated blend of wood, brass, mirror and glass. This stunning plateau cocktail table, 38 inches square, features solar bronze mirrored surfaces with brass finished edge mouldings. Other designs, including a unique group of modular styles, are available for living, dining and bedroom. All can be seen by sending $2.00 for the Scene One catalogue to Henredon, Dept. G-49, Morganton, NC 28655.

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AUTO SUGGESTIONS

By Richard and Jean Taylor



Brand-new imports for '79

European cars that are gas conscious with comfort and luxury, too

1979 is a vintage year for imported cars. Almost every manufacturer has some new model to offer, and there are sports cars, luxury sedans, econocars, and even a new pickup truck to choose from. In almost every case, the new models are larger and more powerful than the cars they replace, and also fitted out with more luxurious options as standard equipment. If this seems contrary to today's demands for economical transportation, you have to understand the problem imported-car manufacturers face in 1979. Because of our declining dollar, the same Japanese econocar that cost $4,000 a year ago now sells for $5,000, and a German luxury car that sold for $20,000 last January is now $23,000. To counteract this economic situation, foreign-car makers have chosen to make their cars more elaborate and better equipped to compete in the higher price ranges in which they unavoidably find themselves. Most foreign manufacturers have decided to "Americanize" their cars with air conditioning, automatic transmissions, and power steering, making these options standard equipment. And while American car companies are building smaller, more economical cars, foreign manufacturers can make their small cars larger and a little more luxurious and still meet U.S. government fuel economy requirements. It seems that manufacturers in every country will soon be building cars that are roughly the same in size, price, and styling. No longer will Americans drive gas-guzzlers and Europeans tiny econocars; both will drive cars that weigh around 3,000 pounds, are 15 feet long, have 3-liter engines, and return 30 miles per gallon. Here are the models which are brand-new for 1979.



Children have always dreamed of running away to join the circus. And so it is with FunnyFace, captured in ruffles and greasepaint by the artists of Cybis. FunnyFace dreams in porcelain. And he's just one of the inhabitants of the enchanted world of Cybis.

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■ SPORTS CARS

DATSUN 280-ZX

Since 1970, the best-selling sports car in the world has been Datsun's 240/260/280-Z, which for 1979 is replaced with an all-new coupe called the 280-ZX. The 280-ZX is a perfect example of the "Americanization" of imported cars. It's significantly longer, lower and wider than the car it replaces, comes with power steering and an optional automatic transmission to replace the standard 5-speed. The original 240-Z was uncompromisingly Spartan. Today the 280-ZX comes with a Grand Luxury package that includes comfortable interior, rear-window washer and wiper, power windows, cruise control, electrically adjusted rear-view mirrors, and a unique dual fuel gauge that measures the last quarter-tank with unsurpassed accuracy. There is also a 2+2 version that's even larger and more opulent.

Base price: $9,899. Length: 14.5 feet. Seats: 2. Base engine: Inline-6, 135 hp, 15 mpg. Warranty: 12 months/12,000 miles. Dealers: 1,061.

LANCIA ZAGATO

The other new 1979 sports car is the Italian Lancia Zagato, an unusual convertible that's built in very small numbers—only 1,500 in 1979. The Zagato costs $10,700—reasonable for a hand-built car of this type. This partly reflects the fact that Italy's lira has declined in value like the dollar, making Italian products comparative bargains in the U.S. The Lancia Zagato comes with a full load of luxury and convenience features, including power disc brakes, air conditioning, 5-speed or automatic transmission, and leather interior. It uses superior front-wheel drive. The Zagato also has a unique four-position convertible top with built-in rollbar. For collectors, Lancia offers the Special Edition, a black-and-gold version of the Zagato. Only 250 will be built.

Base price: $10,700. Length: 13.66 feet. Seats: 2. Base engine Inline-4, 87 hp, 21 mpg. Warranty: 12 months/12,000 miles. Dealers: 197.

Continued on page 84



Volvo 262C is a sleek four-seater coupe, in either silver or gold metallic.

Your Spring headquarters for gifts and decorations

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AUTO SUGGESTIONS

continued from page 74

ECONOMY CARS

DATSUN 210

The new 210 is a bigger and more elaborate version of its popular predecessor, the B-210 introduced to this country in 1973. The new 210 uses a similar chassis—perfectly conventional with front engine and rear-wheel drive—under a very pretty new body. The 210 comes as a two-door or four-door sedan, a five-door station wagon, or a three-door hatchback. There is a choice of 4-speed or automatic transmission, plus a 5-speed on the hatchback. The ride is now softer, and the color-keyed interior has been deliberately "Americanized" with comfortable bucket seats, padded steering wheel, and fancy dashboard.

Base price: $3,899. Length: 13.75 feet. Seats: 4. Base engine: Inline-4, 65 hp, 35 mpg. Warranty: 12 months/12,000 miles. Dealers: 1,061.

DATSUN 310

Datsun has another new economy car for 1979, the front-wheel-drive 310. The 310 replaces the F-10, but is completely different. It comes as a 3-door hatchback or as a sporty coupe called the GX, and features all-independent suspension, power-assisted disc brakes, optional air conditioning, 4-speed or 5-speed transmission, split fold-down rear seat backs and unique levers which open the rear hatchback, the locked fuel-filler lid, and the rear side windows from the driver's seat. The interior is similar to that in the 210, with plush upholstery and complete color coordination.

Base price: $4,829. Length: 13.5 feet. Seats: 4. Base engine: Inline-4, 65 hp, 28 mpg. Warranty: 12 months/12,000 miles. Dealers: 1,061.

FIAT STRADA

Just introduced, the all-new Fiat Strada is a second-generation front-wheel-drive sedan. The Strada came very close to being named "European Car of the Year" for its combination of aerodynamic styling, superior handling, and luxurious interior. Standard equipment on the Strada includes power disc brakes, all-independent suspension, 5-speed transmission, color-coordinated velour interior, reclining bucket seats, and split fold-down rear seats. It comes as a three-door or five-door hatchback and shares its engine with the clever X1/9 sports car. The Strada comes in a variety of bright new colors. There is also an economy model called the Strada Standard, available only as a three-door hatchback painted in blue or white.

Base price: $4,296. Length: 13.4 feet. Seats: 4. Base engine: Inline-4, 67 hp, 32 mpg. Warranty: 24 months/24,000 miles. Dealers: 665.

MAZDA GLC

Mazda's "Great Little Car" has been in production less than two years, but it's become one of the best-selling economy cars through a combination of low price, clean styling, and excellent reliability. For 1979, Mazda has added a five-door station wagon to the three-door and five-door hatchback sedans it's been selling. The GLC wagon is longer, heavier, and fancier than previous GLCs, with a larger, more powerful engine and a choice of 4-speed, 5-speed or automatic transmission. Like the sedans, the GLC wagon uses a split folding rear seat. It has a front-engine, rear-wheel-drive chassis, front disc brakes, color-coordinated interior with reclining bucket seats, rear-window washer-wiper, tinted glass.

Base price: $4,295. Length: 13.6 feet. Seats: 4. Base engine: Inline-4, 65 hp, 29 mpg. Warranty: 12 months/12,000 miles. Dealers: 650.

COMPACT CARS

HONDA ACCORD, FOUR-DOOR

Honda has been selling cars in the United States for only a few years. It offers only two models and, while they are not cheap, Honda is now the third largest imported car company, right behind Toyota and Datsun. The cars are fun to drive, economical—the advanced Honda CVCC engine uses leaded gas—and attractive. Hondas come with every conceivable option as standard. For 1979, the best-selling Accord—previously available only as a racy hatchback—has been lengthened into a four-door sedan that looks and acts like a European sports sedan. In typical Honda fashion, the front-wheel-drive Accord four-door comes standard with AM/FM radio, tinted glass, clock, tachometer, a unique electronic warning and maintenance reminder, and a variety of convenience features from reclining bucket seats to trip odometer. Standard transmission is a 5-speed, with automatic optional, and variable-ratio power steering and power disc brakes are standard. Honda tries to keep its price low by offering only a few color choices—silver or red on the new sedan—along with a special wine red velour LX fabric interior. The new Accord has a larger engine and electronic ignition system. To sum up, it's an "Americanized" sedan with all the options, longer, lower, wider, and more powerful than before.

Base price: $6,365. Length: 14.25 feet. Seats: 4. Base engine: Inline-4, 72 hp, 26 mpg. Warranty: 12 months/12,000 miles. Dealers: 708.

SAAB 900

The Saab 900 is another perfect example of the longer, lower, wider imported car. It's 8.4 inches longer than the Saab 99 model it replaces, but uses a refined version of the same front-wheel-drive chassis, the same engine, and a similar interior. The aerodynamic nose of the

Continued on page 90

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Pattern shown, Classic Manor

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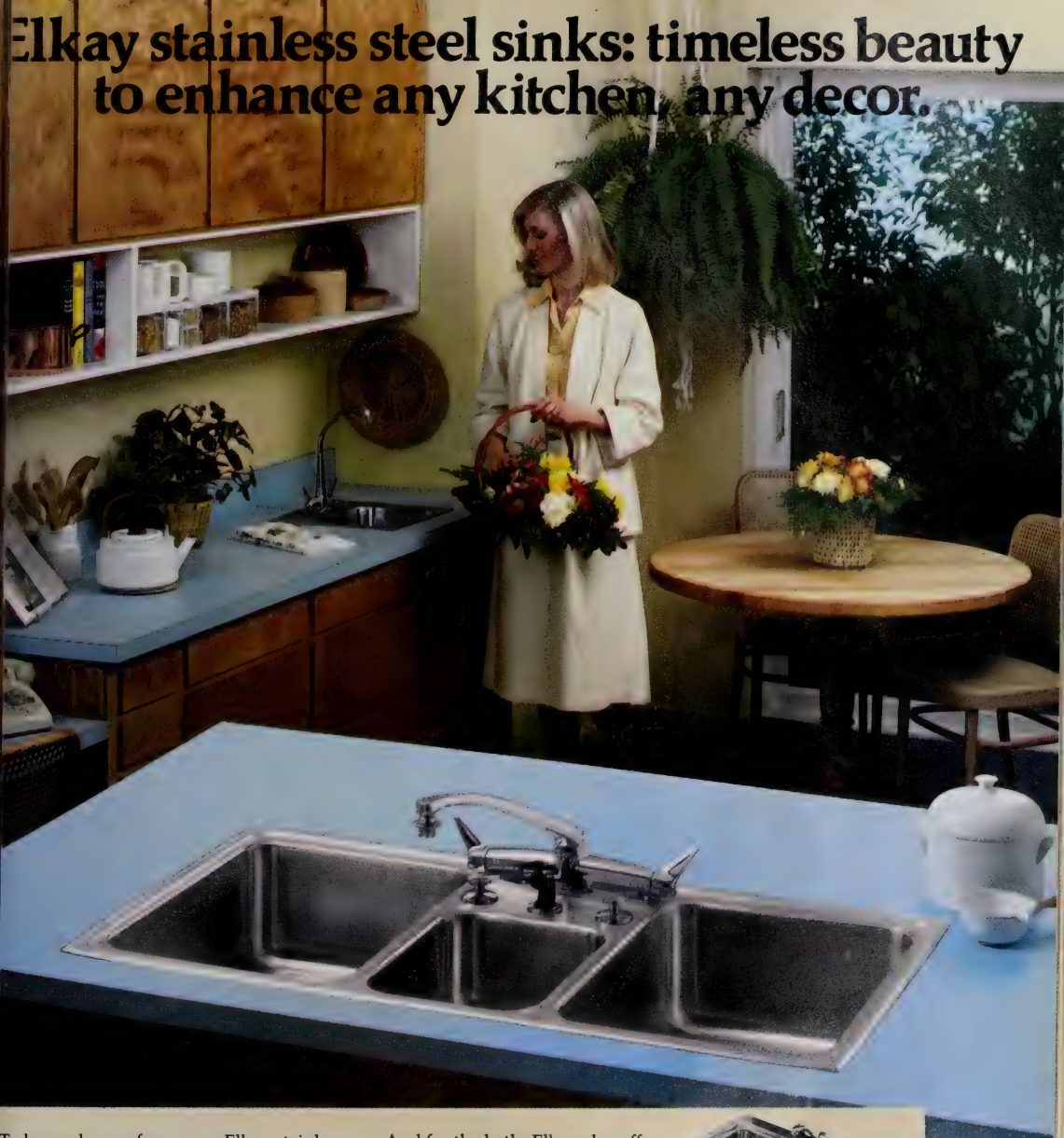
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AUTO SUGGESTIONS

continued from page 84

900 model is the first thing you'd notice that's different. This new longer nose contains new safety bumpers, an aerodynamic spoiler, and a unique air intake for the passenger compartment that filters the air before it enters the car. This is the first time this sensible idea has been offered on any car. The Saab 900 comes with air conditioning, power steering, disc brakes, cruise control, and automatic transmission. A 4-speed transmission is standard. Saab also offers a more powerful turbocharged engine on its most expensive models, along with Michelin TRX elliptical tires on aluminum wheels. (Ford's Mustang and Mercury's Capri are the only other models available with these revolutionary new TRX tires.) Saab's 900 comes as either a three-door or five-door hatchback, in a choice of ten different colors.

Base price: $8,198. Length: 15.47 feet. Seats: 4. Base engine: Inline-4, 115 hp, 19 mpg. Warranty: 12 months/12,000 miles. Dealers: 335.

TOYOTA CORONA

The Corona is not as budget-conscious as the little Corolla, nor as elaborate as the Cressida. For 1979, it's been made longer and wider, with surprisingly elegant body styling that uses four rectangular headlamps. A four-door sedan, a five-door hatchback, and a five-door station wagon are available, all on a conventional front-engine, rear-wheel-drive chassis. Standard is a 5-speed transmission; automatic is optional. A Luxury Edition package features AM/FM radio, digital clock, tilt steering wheel, cloth-covered, six-way, adjustable bucket seats, and a time-delay interior light for convenient starting.

Base price: $5,719. Length: 14.58 feet. Seats: 4. Base engine: Inline-4, 90 hp, 28 mpg. Warranty: 12 months/12,000 miles. Dealers: 1,045.

■ LUXURY CARS

MERCEDES-BENZ 300TD

Mercedes-Benz has just introduced one of the most unusual—and prophetic—cars. This is its very first station wagon powered by a five-cylinder diesel engine. It's as luxurious as any Mercedes, yet the folding rear seats and large cargo area let you carry all sorts of things.

Continued on page 94



Mercedes-Benz's 300TD is its first station wagon—powered by a diesel engine.

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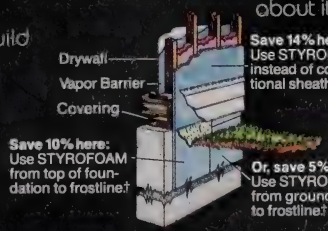
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AUTO SUGGESTIONS

continued from page 90

The front passenger's bucket seat folds down, too, opening up a cargo area from the tailgate to the dashboard. Mercedes cars come only one way—completely equipped with every possible extra. Power steering and disc brakes, 4-speed automatic transmission, automatic load-leveler rear suspension, rear washer-wiper, roof rails, and radial tires on aluminum wheels are all standard. Leather upholstery, air conditioning, and sunroof are all optional. Mercedes-Benz will build only 3,000 300TDs for the American market in 1979, which means that it will be rare and in demand, keeping the resale price high, depreciation low.

Base price: $25,000. Length: 15.8 feet. Seats: 5. Base engine: Inline-5 diesel, 77 hp, 25 mpg. Warranty: 12 months/12,000 miles. Dealers: 409.

VOLVO 262C

Volvo, always famous for safe, dependable family cars, now has an expensive, limited-edition luxury car, too. Called the Volvo 262C, it's a sleek four-seater coupe. Handcrafted by Italian coach builder Nuccio Bertone. Fewer than 1,200 will be imported during 1979. The 262C comes in either silver or gold metallic, with a padded black vinyl roof. The interior is one of the most luxurious available in any car at any price, completely upholstered in furniture-quality black leather from Italy. Standard are cruise control, power steering, power disc brakes, Michelin radial tires, 25-spoke cast alloy wheels, gas/over rear shock absorbers, and a 4-speed transmission. A 3-speed automatic is optional.

Base price: $15,995. Length: 16.0 feet. Seats: 4. Base engine: V-6, 126 hp, 19 mpg. Warranty: 12 months/unlimited mileage. Dealers: 425.

■ PICKUP TRUCKS

TOYOTA PICKUP

One of the most competitive market segments in the entire industry is the mini-pickup, small Japanese trucks that are sold by not only the foreign companies, but the three American car makers, GM, Chrysler, and Ford, as well. The leader in mini-pickups is Toyota, and its truck has been restyled completely for 1979. The new Toyota uses a torsion bar front suspension, styled steel wheels, power-assisted disc brakes, and optional air conditioning. The comfortable interior has fabric-covered bucket seats, padded steering wheel, high-grade carpeting, and AM/FM radio. The Toyota truck comes with 4-speed, 5-speed, or automatic transmission, and two cargo areas, one 6 feet long, the other 7 feet long.

Base price: $4,748. Length: 14 feet. Seats: 2. Base engine: Inline-4, 95 hp, 20 mpg. Warranty: 12 months/12,000 miles. Dealers 1,045. ■

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TRAVELING TO CHINA: HOW TO DO IT

Many flights from the U.S. to China connect through Tokyo. Try the first-class sleeper service on Japan Air Lines, where you can overnight in a real bed



There are no direct flights to China from the United States, as we go to press. But one of the easiest, most serene ways to make the journey is to fly Japan Air Lines to Tokyo, change planes, and continue on to the China mainland—either to Peking (Monday, Wednesday, Friday) or Shanghai (Sunday and Monday). Or fly Tokyo-Hong Kong and enter China from there.

On flights from San Francisco, Los Angeles, Honolulu, and Vancouver, you can take advantage of JAL's new Sky Sleeper service. Sleepers are available to first-class passengers for a surcharge. (For instance, from San Francisco to Tokyo, it's $120.) There are only five beds, so request early. What is normally a 747's first class upstairs lounge has recently been redesigned to accommodate five comfortable beds. Flights from the West Coast to Tokyo are about 11 hours and from Honolulu about 7.

From New York, the daily flight to Tokyo leaves at noon and arrives 14 hours later. Add on a 14-hour time change and a journey that starts at noon in New York, ends up a whole day later—in the evening—about 7 P.M. Tokyo time. By next year, 747s fitted for Sleeper Service may be on the New York-Tokyo run.



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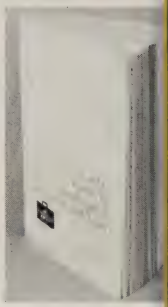


JAL 747 Sky-Sleepers have five beds made up with sheets, blankets and pillows in what used to be an up stairs lounge

House & Garden was invited to the People's Republic of China last November by the Chinese government to report on arts and crafts for the house currently being made for export (see "Bringing China Home"). House & Garden's team—Mary Jane Pool, editor in chief; Caroline Seebohm, senior writer; Elliott Erwitt, photographer; and Ferris Megarity, director of import merchandising for B. Altman & Co.—decided to meet in Tokyo before going on to China together. Miss Pool took the sleeper from San Francisco, the others started from New York. This is what they had to say:

Miss Pool: "Everything about JAL service is attractive. Even the first class passenger lounge in the San Francisco airport is totally serene. When we boarded our flight, there wasn't a ripple, only tinkling Japar music. Everyone was offered slippers a "happi-coat" to relax in. Marvelous anese hors d'oeuvres were served by a h ess in a kimono. (Yamato's restaurar

AN INDISPENSABLE AID:
JAL'S CHINA GUIDE



If you're going, or even if you feel you might want to go, be sure to buy the *JAL Guide to the People's Republic of China*. ($4 from the JAL Literature Distribution Center, Box 618, Old Chels Station, New York, N.Y. 10011, a specify the title.) This paperback written by Chinahands Arne J. Keijzer and Fredric M. Kaplan. Th tell about visas, shopping, history-i brief, climate, sights, food, custon what to pack, even red tape. The gui also tells how to organize your ov group trip to China and how to get t necessary invitation to go.

San Francisco caters the Japanese pa the meal service.) Airborne, we c between a Western or a Japanese meal can experiment with Japanese d'oeuvres, then a Western main cours the reverse. After a leisurely dinner, i time to go upstairs to sleep. The sl reminds me of the cozy compartmen the old Pullman car trains. There's e

Continued on page

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HOW TO MAKE YOUR OWN HOMEMADE VINEGAR

An easy method for cider and fruit vinegars, plus how to use them in sweet and savory dishes

By Barbara Walker

The cut glass vinegar cruet sat in the middle of great-grandma's dinner table like the compass rose of an old map; its contents were sprinkled on everything from breakfast kippers and home fries to supper vegetables and fruit. With your own brew, you'll find you can do without oil in your salad dressing, hollandaise on your broccoli and—wonder of wonders—pecans in your pecan pie!

Homemade light vinegar is different from commercial vinegar in several important ways. Like the wine that goes into it, its flavors are complex and varied. It has the essential acetic acid, of course, but not necessarily as much. The Pure Food and Drug Law requires that store vinegar be at least 5 percent acid by volume—a safe strength for pickling—but for table and cooking use something less sour is often desirable.

Homemade vinegar can be cloned; it is alive with the bacteria that make acetic acid. The bacteria in commercial vinegar are dead; it has been stabilized by pasteurizing. Once you get a successful vinegar batch going, you can maintain a steady supply by regular additions of wine and other ferments. As long as the vinegar bacteria have alcohol and air, they will produce acetic acid without destroying the flavors of the stock.

For a versatile light vinegar start with apple cider. You can use raw (unpasteurized) sweet cider and let it go "hard," or ferment, in about three weeks. Or you can save time and buy it already fermented at the liquor store. Imports like the French "Purpom" work best; American apple wines are a bit too sweet (both are 7 percent alcohol).

Next you need a barrel that gives its contents broad exposure to the air and has a top opening for receiving liquids and a lower opening for decanting them. In time you may graduate to a real wooden barrel (Franjoh Cellars, P.O. Box 7462, Stockton, Calif. 95207 sells them), but for starters a plastic gallon milk jug will do. Wash it well; scald it; lay it on its side, handle up. Fasten ca securely on the neck, hereafter called th bung. On the now-top surface cut a opening the size of a lemon. Pour in th fermented cider (1-2 bottles), tastin and sniffing as you do. From here o your palate and nose will be your guides

For an open-air, bug-tight closing, sli over the opening and barrel a tube o nylon stocking. Place the barrel on tray on a shelf open to air, away fro direct heat and light. Next to it put som straws for tasting. Now forget it for tw weeks (all time allowances here ar minimums; in general, home vinegar im proves with age).

A taste in two weeks should reve considerable souring; another week an the vinegar is probably ready to us Judge by the flavor, which should b sour but, like the bandage, "ouch-less. Comparing with a taste of commercia vinegar may help.

To remove the vinegar, pour from th bung without disturbing bottom sedi ment. Take out a week's supply at time, always leaving the barrel at leas a third full. After your weekly decanting

Continued on page 100

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It takes a puppy a full year to outgrow Purina® Puppy Chow® puppy food.

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KitchenAid. Because it's worth it.

Hobart Corporation, Troy, Ohio 45374

Homemade vinegar
continued from page 98

add an equal amount of liquid to t barrel.

What liquid? You can stick with ha cider, of course, but it's easier, cheap and far more fun to vary the flavor wi leftovers of white wine (sweet and dry country fruit wines (excepting the da ones), brandy, and liqueurs. You m use leftover canned fruit, fruit syru jellies, and marmalade if you are caref to make it a two-step operation. Befo acetic acid bacteria can go to work these sweets, their sugar must first fermented into alcohol by the action yeast.

Fermenting sweets is best done in separate quart or half-gallon glass j A good starter is the syrup from a la can of peaches, mixed with equal v umes of honey and water (about a qu in all). Sprinkle ½ teaspoon of dry ye granules on the surface, cover, a watch the action. As fermentation p gresses, a great head of foam will velop and then subside. In about a we when bubbling has stopped and the liqu has a liquor-like taste, half can be pour into the vinegar barrel and more syr can be added to the jar.

You can also use fresh fruit ferment by wild yeasts, pears being a notable ample. The formula is: 1 pound fre fruit to 1 cup honey to 1 quart scald water. Use fruit shipped directly fr the orchard and not from cold stora Make a pulp of it in your blender processor after removing only ste seeds, and pods; leave skin on. Set t mixture aside in a clean barrel to f ment. At temperatures in the mid-eight this will take about a month, but st checking sooner. At cooler temperatur it will take longer. As soon as the fla is "hard" and bubbling stops, strain the pulp. Clean the barrel and return t liquid to sour naturally (the best wa or add some bland light vinegar to h it along. Pear vinegar begun during t September harvest should be just rig for Christmas giving.

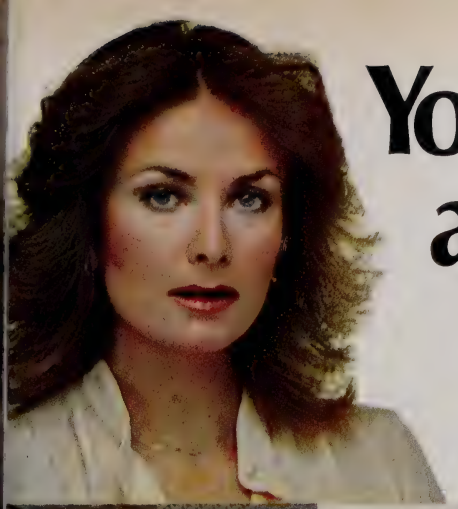
There are a few hazards to look for. One is cider or wine that does sour gracefully. The wrong microb take over and make it go stale a "mousey." If your starter cider tastes j plain bad after three weeks, pitch scald the barrel and start over.

Another is the mother, the poetic te for a film formed by acetic acid bacter It's thrilling to see it appear on the liqu surface and know you've got real n crobes at work, but watch out. Th mother can be very possessive and d stroy your vinegar if it grows too thic Best to remove it.

Mold and fruit flies (alias vineg flies) are occasional nuisances. Mold c be skimmed off the liquid; drainin washing, and scalding the barrel w deter mold and flies.

Continued on page 10

Your wood has a complexion too!









o stay lustrous and healthy looking, wood needs protec-on that is more than just skin deep. Scott's Liquid Gold ill provide that protection by giving naturally finished ood far more than a surface, cosmetic treatment. Scott's iquid Gold goes deep beneath the surface of your wood o preserve, protect and beautify its fine complexion. Think ack to when you invested in your first good furniture and aneling. It was well worth the money because it was so eautiful, so special. Regular care with Scott's Liquid Gold ill let you relive that first pleasure for years to come!



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Homemade vinegar
continued from page 100

As you continue to feed your barrel assorted ferments, the vinegar will change in flavor. In time you can specialize. A particularly fruity batch is nice to set aside for pies and desserts. A less florid but full-bodied vinegar can be bottled and tagged for meat dishes or general table use. A clear, clean sour from mostly dry white wine can be bottled with fresh herbs for herb vinegar.

When you bottle vinegar to store, it's a good idea to stop bacterial action. The simplest way is to fill narrow-necked bottles right up to stopper level, cutting off the air supply. Or you can heat the vinegar to just below boiling for 10 minutes (dried herbs can be added to hot vinegar).

Meanwhile, use your vinegar often and well. Keep a cruet on the table for calorie counters to sprinkle on green salad and cooked vegetables and for salt-watchers to add to hamburgers, fried potatoes, and fish. In the kitchen use a little to keep cut-up fruit from browning, to marinate chicken pieces, to moisten stuffing, to mix with water in a piecrust for quiche.

There isn't a course in the most elaborate menu that doesn't have a place for good vinegar. To prove it we offer a sampler. It's not a menu; one vinegar dish to a meal is plenty. As with perfume, subtlety is all.

Winter crudites

If you haven't got herbed vinegar for this, add some dill seeds to plain light vinegar.

INGREDIENTS

2-3 teaspoons salt
1-2 cups homemade herb vinegar
1 medium cauliflower
1 medium butternut squash
1 or 2 of the following: carrots, celery stalks, sweet peppers, kohlrabi

METHOD

☐ The day before serving, stir salt and vinegar in deep pie dish or flat-bottomed bowl.

☐ Clean vegetables; remove any tough skin, seeds, and leaves; cut in bite-sized chunks. Place vegetables in vinegar, cover with plastic wrap, and refrigerate.

☐ Stir the vegetables occasionally during that day and the next. Drain well when ready to serve. Serves 8.

Lentil soup

Vinegar gives new zip to an old favorite, prepared by a simplified method.

INGREDIENTS

1½ cups dry lentils
2 carrots, cut up
2 celery stalks, cut up
1 onion stuck with 4 cloves
2 quarts chicken stock
Salt to taste
⅓ cup light vinegar

METHOD

☐ Wash lentils. Simmer them with veg tab'es in half the stock in a covered p until liquid is almost absorbed, about minutes.

☐ Discard onion; purée lentils, carro and celery in blender. Return purée to t pot with remaining stock and heat boiling.

☐ Stir salt and vinegar into soup a ladle into bowls. Serves 6-8.

Deep-dish pork chops an potatoes

INGREDIENTS

4 loin pork chops, ½-inch thick (lesser cuts work nicely if they are well trimmed of fat)
2 tablespoons all-purpose flour
Salt, pepper
4 cloves
4 medium potatoes, scrubbed
⅓ cup mild fruit vinegar
1 tablespoon honey
½ cup sour cream
½ bay leaf
Pinch savory (optional)

METHOD

☐ Trim chops and render fat scraps in heavy casserole. Discard scraps. Seas flour with salt and pepper and dred chops. Insert a clove in each. Brown in f and set aside.

☐ Slice potatoes thinly and layer the in casserole, salting each layer. Arran chops on top.

☐ Heat together in a saucepan the vin gar, honey, sour cream, and herbs. Bler and pour over chops. Add a grind of fres pepper. Cover and bake in a preheate 350° oven for 1 hour. Serves 4.

Winter salad

This oil-free potato salad recalls the da when winter salad came from the root cell and preserve jars.

INGREDIENTS

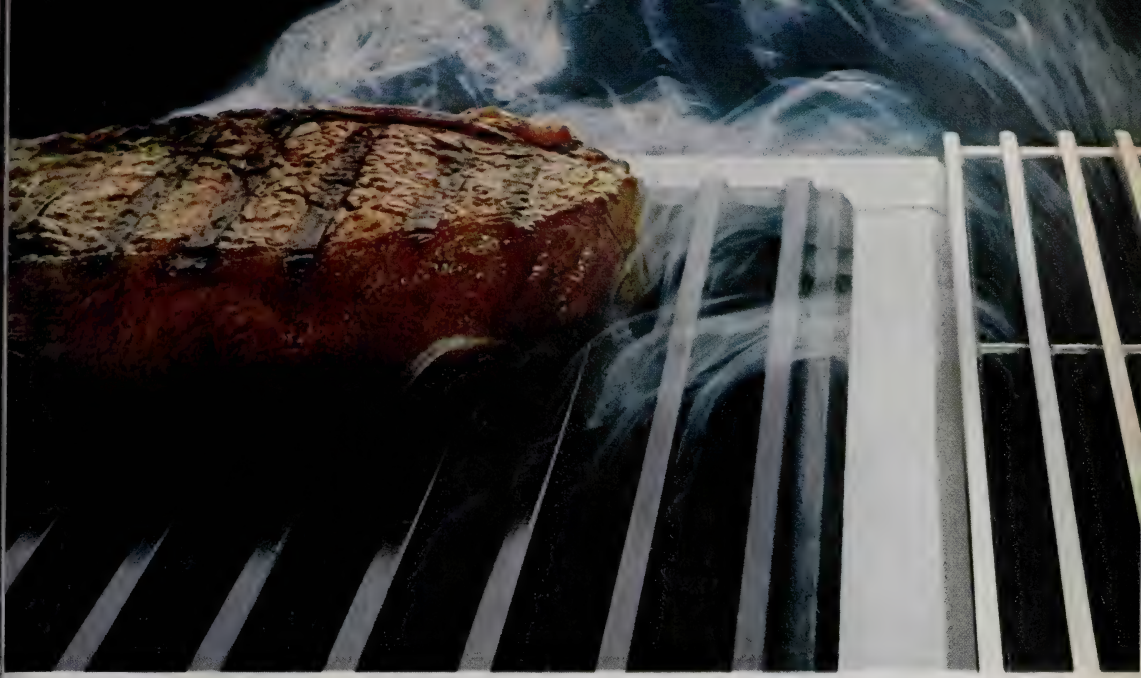
6 medium potatoes
3 eggs
2 cups mild vinegar (herbed if possible)
½ cup sour cream
Salt, pepper
Optional:
1 celery stalk, chopped fine
1 cucumber, chopped fine
1 sweet pepper, chopped fine
2-3 scallions, chopped fine
¼ cup olives, chopped fine
2 tablespoons capers
Romaine or iceberg lettuce

METHOD

☐ Cook potatoes until just tender; pe and chill. Hard cook eggs and chill. Slic potatoes thin and soak in salted vineg to cover for several hours in the refriger tor.

☐ At mealtime, drain potatoes well ar mix them with sour cream in a servir bowl. Peel and chop eggs and add then

Continued on page 21



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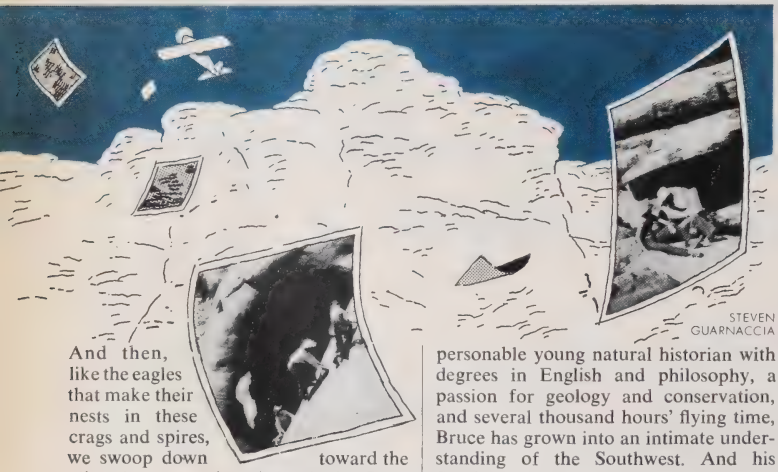
GOING PLACES
FINDING THINGS

Slow flying in the great Southwest

You travel by light plane, raft, jeep, and hiking boots on a six-day discovery of some of the most astonishing country in America

By Coralee Leon

The land falls away sharply, and we're flying over the canyon. Low. So low we can scan the tops of the surrounding plateau, nearly at eye level. Our pilot guides the rugged little Helio Courier expertly from canyon wall to canyon wall, checking air currents before descending.



STEVEN GUARNACCIA

And then, like the eagles that make their nests in these crags and spires, we swoop down toward the glistening green thread that is the Colorado River thousands of feet below. As the canyon meanders, so flies the plane, an effortless, thrilling ride so deep in this rocky crevass, we can no longer see the tops of the walls, just striations of granite and sandstone and solidified sediment from forgotten oceans, and before us a sudden fleeting wedge of sky. To the left and right, we fly past vast doorways that open swiftly in the rock; entrances to other canyons that snake off toward unseen horizons in this grand maze carved by the cutting edge of a once-mighty river slicing through an upthrust of earth.

Our pilot picks up his microphone; we listen eagerly. For this is not merely a sightseeing flight, but part of a six-day experience of learning firsthand the natural history of a mysterious and practically untouched part of our country. He points out a strange formation to the left, at the bottom of the canyon. We can see it as we bank: the upturned roots of an ancient mountain range whose peaks once towered nearly 5 miles. Beside me, Darryl, my 12-year-old son, asks in his rear-seat mike what happened to the huge mountains. They were toppled by a cataclysmic upheaval millions of years ago. Now the giants lie on their sides, foundations for other ranges built by the seas and the fiery pressures of earth, and leveled again into the vast plateaus and canyons we have been exploring.

The Helio Courier is indeed a flying classroom, and Darryl as much as the two adults along (a Texas magazine editor and I) is learning that beauty can be enhanced by knowledge. Perhaps that was one of the reasons Bruce Adams, our pilot and guide, founded this one-man, one-plane company 8 years ago. A personable young natural historian with degrees in English and philosophy, a passion for geology and conservation, and several thousand hours' flying time, Bruce has grown into an intimate understanding of the Southwest. And his Southwest Safaris is the best way he knows to share it.

You could probably explore the Four Corners region (an area formed by the joining of New Mexico, Colorado, Utah, and Arizona—and Southwest Safaris's prime territory) on your own, in a rented car. But you'd never find the wonderful hidden caves and valleys, the amazing formations, the old Indian trails to the tops of seemingly inaccessible bluffs, that Bruce Adams spots from his plane and explores between safaris. You'd never have the perspective on the Painted Desert that only a thousand-foot altitude can give you, nor penetrate the forbidding and achingly beautiful Badlands that we drift above, so low and slow we can imagine we're approaching for a landing on the moon. You'd never see the uprooted Grand-Canyon mountain range, for it is hidden from all but those who look from above. And you would never have the personal and expert guidance of a man who knows the territory and how to show it off.

From the first morning, when we gather in the lobby of the Santa Fe Hilton with a duffle apiece (the clothing limit), a sun hat (a must—the sun is relentless) and a sack of camera gear, we know we're on an adventure. An assistant drives us to the airport, where Bruce Adams, dressed in safari gear and pith helmet, meets us in the flight room after his preflight check and loading, and briefs us before a huge worn map of Four Corners. And then to the plane, a sturdy red and white STOL (short take-off and landing) 6-placer tugging eagerly at its mooring lines. "The Heli

Continued on page 10

NEWS Restaurant finds near Paris sights, and more

New from Air France, **"Inexpensiv Paris Restaurants near famous Monuments"** is a small guide to 50 restaurant within walking distance of Paris's 1 most famous attractions. You'll discove places to eat that are typically French and reasonable—most serve meals in th $6-$12 range. For a free copy, write Ai France, P.O. Box 30729, JFK Airpor Station, Jamaica, N.Y. 11430.

Find out now where you can **rent canoe** for the summer, with Grumman' "Rent-A-Canoe" directory. Over 70 listings for outlets around the countr that will rent you a canoe for an hour o for the entire season. Also included ar addresses for more information o canoeing—maps, guides, special rive trips. For a free copy, write Grumma Boats, Marathon, N.Y. 13803.

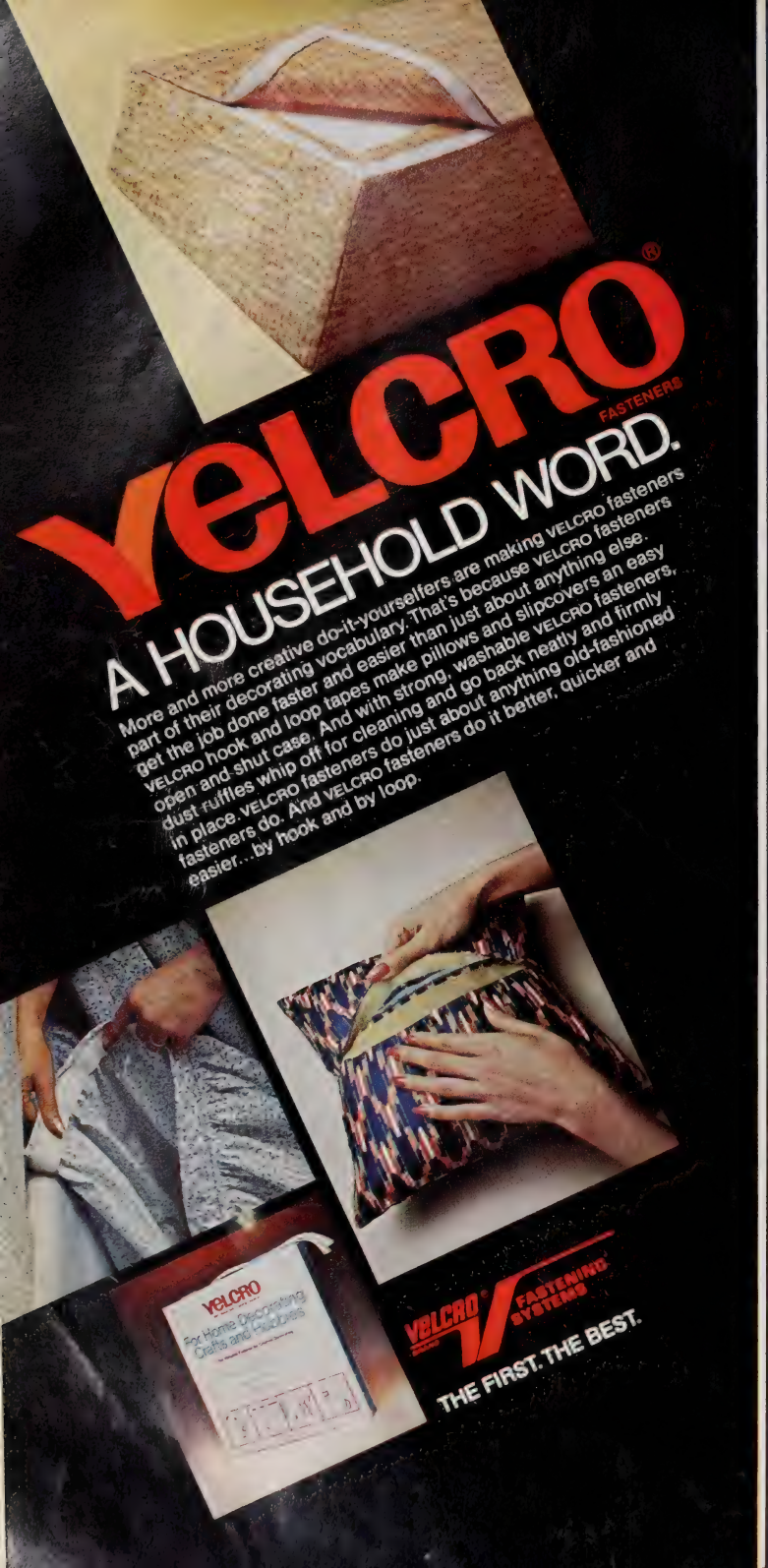
Bringing home good photographs is on of the pluses of traveling, and there's a organization that designs tours for jus that purpose. Thru the Lens Photograph ic Adventures scouts locations before hand, so the sun won't be in the wron place when you go. You stay in deluxe hotels and are guided by a professiona photographer. In April, tours leave fo Tunisia, Greece, the Himalayas, New Zealand, and western Pacific Islands Other tours throughout the year take pic tures of the Colorado Rockies, Alaska New England, and faraway places such as Morocco or Ceylon. Write Thru th Lens Tours, 12501 Chandler Blvd. North Hollywood, Calif. 91607. ■



Reach out. Reach out and touch someone.

Wherever you are, you're never too far to spend a few moments with someone special, someone who's waiting to hear from you. You can make your day by sharing it with faraway family and friends. Call to express your care, even if it's just to say hi. It means so much to keep in touch. So reach out. Reach out to those who make you feel good. You'll both feel good. With a phone call.

Bell System



Slow flying
continued from page 104

Courier was built to fly," Bruce says, giving it an affectionate pat. "And that's all it wants to do."

It is quite a remarkable airplane, I notice, when we taxi into takeoff position about two-thirds down the runway. Its huge wings and powerful engine lift it off after a mere 300 feet (150 at sea level in a light breeze—a third of a football field.) It cruises at 160 mph, but handles with perfect stability at a remarkable 28; in a breeze, you can hover over an interesting formation and look to your heart's content. And the wings are strutless, so visibility is excellent. The Helio Courier could land safely across a runway if necessary (as Bruce has demonstrated many times), which makes it a perfect airplane for bush-flying in and out of tight canyons and mountainous terrain. Best of all, its pilot has a faultless record and high standards of safety. We know from the start that we are in good hands.

But the Helio Courier is not our only means of transport. Once we land, we explore by station wagon the ancient ruins of towns built between A.D. 1 and A.D. 1000 by a vanished civilization called the Anazasi—"The Ancient Ones." Forerunners of the present Pueblo and Hopi tribes of the area, the Anazasi lived simply, worshipped their gods in great round rooms called kivas, developed highly sophisticated mortarless building techniques, created lovely black-and-white-patterned pottery (you can still find shards on the sites), and baked simple corn bread, grinding grain on the same stone *metates* used by the Indians today.

Recipe for chewed bread, circa A.D. 500: Parch corn, and grind very fine. Chew until starch is converted to sugar. Mix chewed meal with more meal until a stiff batter results. Dig hole 4 feet wide, 1 foot deep. Line with corn husks. Pour batter 3 inches deep. Cover with husks and damp earth. Set afire, and keep fire burning all night. In the morning, open the hole. A heavy, sweet bread results. (From the museum at Mesa Verde.)

Some of Anazasi chose to build their stone villages on the lower lips of caves —we can see them from the plane on our early-morning flight over the cliffs of Mesa Verde, a beautiful series of giant green fingers that put one in mind of the Norwegian fjords, but which point not to the sea, but into the face of a wearing wind. Once on the ground, we poke around the cliff dwellings, for closeup looks at what we saw from the air.

Such dramatic contrasts weave the texture of the entire trip. After a flight over Canyonlands National Park, a region of canyons that look like a storybook land of ice-cream castles and cakes heaped with pastel frosting, we board a

Continued on page 108

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Slow flying
continued from page 106

jeep for a ride among the castles themselves, on trails that are dry sandy river beds that turn during sudden rains into rushing streams and quicksand. From the jeep, we explore on foot. First the desert hideouts of real cowboys, who left their rough tables and benches for our inspection. Nearby, we are introduced to our first ant lion—"Every safari needs a lion," Bruce says. Ours is a creature about a quarter of an inch long, who hides in the sand beneath a diabolically clever conical trap no wider than half an inch. When a hapless ant slips in, the ant lion (the larva of the lace-winged fly) seizes it from below, shakes it senseless with enormous ferocity, and retreats into the sand for a quiet lunch. Darryl, spellbound, serves free meals to several.

Next, on to the best of Canyonlands—rock climbing. Like flies in hiking boots (or, in my case, running shoes), we scale the pink and yellow rocks that once formed layers of sand at the bottom of the Permian oceans 240,000,000 years ago, and are now hardened in the same soft curves left by the receding water. We go exploring. "Let's see if we can get to the top of that butte." And near sunset, we hire horses and (once the author gets hers under control—"Come *on*, mom!") ride across the plain to the horizon and back in time for steaks on the ledge of a mesa with the entire Canyonlands as its front yard.

Next day, we fly over the gooseneck turns of the San Juan la Batista River, land, and climb into an Avon inflatable boat for a rafting trip from Bluff, Utah, to Mexican Hat, so named for a peculiar formation of delicately balanced rocks that might topple in a million years—or tomorrow. This is the only part of the trip on which Bruce does not accompany us. In his place is an experienced river pilot, Ken Ross, former chief archaeologist at Mesa Verde, former student of Loren Eiseley at the University of Nebraska, and part of the scientific team that briefed the astronauts before their trip to the moon (the same team that, musing during lunch one day about the moon's general molecular makeup, produced a formula that turned out to match almost perfectly with the chemical composition of a certain French cheese). Partly smooth water, partly white, the trip is a tour through time and through the immense forces that can heave rock from 12,000 feet below the surface of earth into 3,000-foot cliffs, leaving canyons, mountains, and anticlines—great ridges left by mammoth upholdings of rock—that look like fabulous Indian designs in flame tuck. On one of several stops along the bank, we fossil hunt. Gastropods perfectly fossilized co easily into our hands from bits of cru bling sandstone. And ancient sea-wor more than 20 feet long lie preserved rock faces once on the bottom of p historic oceans, now exposed for Saf explorers to see.

Active as the trip is, we never get tir Bruce plans it that way. Half the ti we're looking, marveling, pondering t imponderable natural forces that creat this gigantic landscape. But the oth half, we're engaged in more immedi activity: hauling supplies up the roc hill to our campsite in the lap of a pet fied sand dune, building a campfire the San Juan riverbank (Bruce teach Darryl some sure-fire techniques: h the resident expert at home now), or ju paying strict attention to where our ne step will be as we negotiate the 45-degr angle of a rocky wall.

Bruce Adams's Safaris, never larg than 5 people per trip, take place at a time of year. Six-day spring, summe and fall safaris are strictly campout (I never camped before, and I loved t simplicity of the open-air meals, a waking in sweet-smelling air after a go night's sleep under the starry Southwes ern sky). On shorter (3-, 4-, or 5-da safaris, some in winter, you eat and sle in inns and hotels. Or you can whet yo appetite with a 1- or 2-day air adventur Prices run from $199 for a single day $799 for the full 6, plus $15 sleepin bag rental if you don't bring your ow Everything else is provided by Southwe Safaris except hotels and meals in San Fe.

The rituals of daily survival—meal showers, transportation—are seen swiftly and efficiently by our guide. B everyone helps—because it's part of th fun. Darryl hustles along with Bruc lugging fresh water for today's lemona or tea, as I help load the color-code packs of utensils, food, and sleeping gea And we all pitch in with meals and was ing up. Evenings together chatting by comforting little campfire in the vast sti ness all around can bring a small grou very close together. And in the case of 12-year-old, suddenly finding himse not a child but a fully participating men ber of the group can be an enrichin growing experience.

On our last leg, Santa Fe-bound fro the south rim of the Grand Canyon, it my turn to sit in the front seat. Since too am a licensed pilot, Bruce lets m take the controls over the Painted Deser a huge impressionist's canvas in paste and grays, and shows me some of th tricks of mountain flying when we cro the Jemez Mountains and the beautifu green volcano with a garden in its crate The vastness and the beauty of what w are seeing—of all we have seen—ar strangely reassuring, exhilarating. Fo mothers, too, a Southwest Safari can b an enriching, growing experience.

Continued on page 11

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w flying
ntinued from page 108

HOW TO GET THERE

ite to: Bruce Adams, Southwest Sa-
is, P.O. Box 945 (HG), Santa Fe,
M., 87501.

st fly to Albuquerque. American Air-
es flies from many cities; TWA has
only direct flight from New York.

om Albuquerque to Santa Fe: Zia air-
es, owned by a retired Pan Am pilot,
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endly young man named Jerry checks
u in, loads your baggage—and then
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nta Fe Hilton, a hotel car will pick
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ich leaves every 2 hours from 5:30
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port, and drops you at the Hilton's
nt door. A 1½-hour trip; cost, $10. ■

astles in Bohemia

house-collector's tour
f Czechoslovakia's
ost romantic province

y Dona Guimaraes

m fascinated by domestic architecture
-ruined or ravishing. Bohemia is stud-
d with an incomparable set of castles
d châteaux that once belonged to the
erman and Austro-Hungarian nobility
-all the reason needed for a two-week
p to Czechoslovakia.

Bohemia, bounded by Austria, East
d West Germany, is the westernmost
ovince—the other two are Slovakia
d Moldavia—and the industrial center
the country. Skoda cars and Pilsener
er are Bohemian, as is Prague, where
y trip—after an 8-hour flight from
ew York—began.

Prague has the hilly site and historic
yering of Rome. You can, in one city
ock, find a medieval castle, a 14th-
ntury cathedral, an Art Deco office
ilding, and an absolutely intact 1907
emist's shop. But if Rome is feverishly
owded, Prague is pleasantly empty.
here are tour groups around major
onuments—the statued Charles bridge,
e courtyard of Hradcany Castle, wait-
g for the mechanical clock at City Hall
–but one can walk alone down a nar-
w medieval street, go through the
relsky Library with only a guide, sit in
e gardens of the Renaissance Pavilion
eacefully surrounded by pigeons. This
mptiness makes sightseeing very pleas-
nt, but is probably why the tour groups
round Prague tend to stick together.
lost are from Iron Curtain countries.
mericans only accounted for 40,000 of the 17,000,000 visitors last year. And while heads don't turn at the sound of American, you have a certain sense of exploration. There is a definable triumph in being the thirtieth English-speaking visitor to a remote country castle.

The newest hotel in Prague, the Inter-Continental, is frankly set up to be the Best-of-the-West. Every possible convenience . . . and some very charming Czech extras. Like flowers in the rooms, clusters of Biedermeier furniture in the lobby and halls, unreadable vials in the bathrooms that turn out to be Russian pine-scented bubble bath (I thought it was mouthwash!), huge feather pillows, linen sheets. Also chambermaids who cheerfully lend you hair driers (your USA one is useless, even with adapters), and a seven-language convenience desk that seems to be able to cope with anything.

Prague is a town that can be managed without knowing Czechoslovakian. Menus are in three languages; day tours are done in cheerful Basic English. And it's amazing, after a few days, how cognates pop up. *Benzine, autoservus,* and *parkeviste* are obvious; *dezert* is easy, *okourku* is cucumbers if you think about it, *rostu* is roasted, *vporova*—steamed, and you'll never forget *brambor*—potato.

Farther away from Prague, there is less English. Menus are not translated, castle tours are done in Czech, German, or Russian, with a typed English translation handed you to carry and read. The real way to explore Bohemia is by car and with an English-speaking guide. Compared to the same service in other European countries, it's amazingly cheap. A five-person car with driver and guide costs $31 a day (plus 20¢ per kilometer). Drive-yourself cars can be rented for about $75 a week (plus 11¢ per kilometer) and the roads, if narrow, are well-marked and lightly trafficked.

Within 30 miles of Prague, are two stunning Gothic castles: Karlstejn and Konopiste. Karlstejn is real Gothic, finished in 1367, and so well-designed that no army ever took it by force. On the other hand, Konopiste is fake Gothic, finished in 1896, and could be taken by six healthy Munchkins. Karlstejn, on top of a pine-forested mountain, is full of echoing rooms and corkscrew stone staircases, one of which winds up a 10-story tower. You have to climb these (Karlstejn is no castle for the faint-footed). There is a medieval treasury—the walls, ceiling, and the altar are inlaid with precious and semiprecious stones. It's well worth the climb, you find, to look out over the pine forest through an amethyst-studded window.

Konopiste, extravagantly rebuilt by Archduke Ferdinand (he of Sarajevo) on an already much rebuilt 14th-century site, is, for all its 19th-century fakery, a

Continued on next page

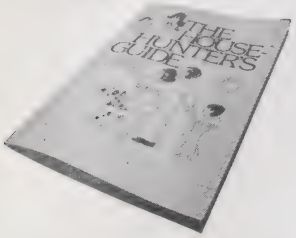


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Castles in Bohemia
continued from preceding page

splendid hunting museum. Ferdinand was an enthusiast. It is also probably as untouched an Edwardian interior as you'll find anywhere.

Veltrusy, only 20 miles outside of Prague, is a romantic summer château, built by one of Bohemia's 18th-century specialties, the enlightened aristocrat. These worldly gentlemen welcomed Mozart and Canaletto, gave refuge to Casanova. At Veltrusy, Count Jan Rudolf Chotek built the first English landscape garden in Central Europe. The gardens are a ruin now, but there are still crumbling temples and obelisks amid dense foliage, creating an even more romantic landscape than Count Chotek intended. The interiors, however, are in an exquisite state. The dome room is frescoed with bright garden flowers, the stucco cartouches are crisply restored, and the furniture and porcelains gleam. Under the central part of the house is the Czech version of a grotto: an open air room, the Salla Terrena, with pebble mosaic floors and vaults, the walls and ceilings painted with exotic birds. The summer of 1742 would have been very pleasant at Veltrusy.

Southern Bohemia, close to the Austrian border, has a triangle of three castles that are spectacular: Jindrichuv Hradec, Cesky Krumlov Zamek, and Cervena Lhota. (Give up on pronouncing Czech castle names!)

Jindrichuv Hradec is a high castle on a slope with a clearly visible architectural history. Like Topsy, it just grew—from courtyard to courtyard, the last one a giant trapezoid completely enclosed by medieval crenelations, a Renaissance tower, and a towering wall of tiered Italianate arcades.

Cesky Krumlov Zamek has a soaring 13th-century tower by a medieval wooden bridge, but the rest of the fortress was renovated in the 16th century. In the 18th century, a water garden was laid out in the handy western keep and a ballroom built into the medieval walls. Every generation that changed it hired painters. This castle celebrates fresco and trompe l'oeil painting. The Salle des Armes has huge Gothic family blazons painted in the arches. Sixteenth-century rooms are elaborately covered with faux boix, faux marble, faux stucco, and faux curtains. The ballroom has the gaiety of an 18th-century masked ball, because one is in progress all around, complete with painted musicians in a painted gallery.

Cesky Krumlov Zamek is enormous . . . 300 rooms, not counting the towers. Yet every room is fascinating. The salon with portraits of all 79 Schwartzenberg estates, the hall with the carved golden coach that carried presents over the Alps for the coronation of Urban VIII (a later owner used it for a bed), and the oldest Renaissance theatre in Europe, complete with costumes and sets.

Cervena Lhota is a pink stone châtea tiny and elegant, more Loire Valley tha Czech stronghold. Set in the center of lake, connected to the mainland only b a narrow Gothic bridge, it has to b southern Bohemia's most charming w ter castle. Recently restored, it is also showcase for the energy and style wit which the Czech government cares fo its state-owned castles. Everything spa kles—not only from the reflected wate which dapples every room—but th floors are waxed, the furniture highl polished, the pewter and silver glistening I'd like to move in tomorrow.

Southern Bohemia is Czechoslovakia lake district. In a landlocked countr lakes are next best and appropriatel cherished. So is one of the best lake proc ucts—fresh carp. My recommendatio for this is the Parkhotel in Hlubok which is worth visiting in spite of i fluorescent-lit dining room, because has a genial proprietress. The carp ar crisply fried, with caraway seed-sprin kled boiled potatoes and a white Mora vian Tramin wine. Delicious.

Bohemia is very proud of Pilsen. Th pride is valid for the Pilesner beer (an the 1900 pub next to the brewery wher you'll never get better). But the tow itself is more factory than fantasy. How ever, just outside Pilsen is Kozel, on château that should not be missed. It i a creamy Baroque house of sunny room and terraced gardens. All in mint condi tion. Kozel is famous for its painte rooms. (One has the feeling throughou Bohemia that it was cheaper to get i a local artist than to import wallpa per.) The salon is a grisaille forest wit bright-painted birds and beasts peepin through. The bedrooms are festoone with roses, daisies, morning-glories. An the furniture is flowered to match. Koze feels very lived-in. The beds are hun with starched embroidered curtains; pot ted plants line the window sills, fa Dutch marquetry desks, spindly Victo rian chairs, Louis XVI cabinets shar the same rooms. Kozel was once a hunt ing lodge, and in spite of the large sta bles and riding hall on the estate, one o the 18th-century owners kept his favor ite horse in a Kozel bedroom. A hundre years later, one of the owners turned t amateur theatricals, and his tiny theatr is still there, in the horse room, complet with kerosene-lit stage and painted back drop.

The best base for exploring Wester Bohemia is its great spa, Carlovy Var (formerly Carlsbad). The high Ed wardian architecture—Edward VII wa a frequent visitor—alone is worth th visit, not to mention 12 drinkable springs if you're in the mood for "taking the waters." You have a choice (both first class) of the new Hotel Therma, which is blindingly modern but has a naturally

Continued on page 114

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13 mg "tar", 1.0 mg nicotine av. per cigarette, FTC Report MAY '79.

warmed swimming pool or the decayed grandeur of the Grand Hotel Moskova (formerly Grand Hotel Pupp). In Carlsbad, the days are full of pre-WWI leisure: strolls along the promenade, listening to noontime bands, teatime violins, free sips at thermal fountains, then lunch at a pastry shop, a nap and dinner at the Charles IV restaurant on a tower terrace, delicious grilled steak with a sauce of homemade mayonnaise and rowan berries.

Carlovy Vary and its companion spas, Marianske Lazne (Marienbad), and Frantiskovy Lazne (Franzenbad) are in the Ore mountains; beyond to the west stretches the great Bohemian forest and two interesting castles to see.

Horoskovy Tyn, close to Domalice, is visible evidence that on a trade route to the Danube a substantial fortress is a Good Thing.

Kynzvart, close to Marienbad is an Empire château and the summer home of Prince Metternich, who not only entertained the great (Beethoven and Goethe were visitors) but managed to bring back from his triumphant Congress of Vienna a good many Napoleonic relics and the gigantic inlaid conference table on which the foundations of modern Europe were decided.

EATING

Czechoslovakian food is not cuisine minceur. It is solid and rib-sticking and portions are enormous. However, most menus have the size of the portion indicated by weight—so order the smallest. Soups are rich, peasanty, make a good lunch. Or try the Hungarian salami, fragrant and peppery. Street eating is a Czech specialty. Horky Parky, which sounds like a cartoon pig, really is a delicious sausage, which street vendors sell, bunless with hot mustard; messy but worth it. Zmerzlina, soft ice cream, is spewed out of portable machines into biscuit saucers—the best street dessert.

Short of in the expensive Prague hotels and restaurants, you will seldom be served fresh vegetables or salads . . . even in season. But crisp dill-flavored cucumber salads are served everywhere, as are potatoes, which are boiled and sprinkled with caraway seeds or chopped fennel or made into light liver-stuffed dumplings. Fresh fruits are also a rarity; but the chocolate-slathered, ice cream-filled palacinky pancakes are fantastic. And the whipped cream is real!

GETTING THERE

You must have a visa and a valid U.S. passport. Your Czechoslovakian travel arrangements can be made via Cedok, the Czechoslovakian National Tourist Board, which has offices in most major U.S.A. cities, or your travel agent can arrange them. For the visas, you mus get the forms from Cedok, or your trave agent, mail them, your travel date and your passport to the Czechoslova kian Embassy in Washington. They ar stamped and dated for your arrival an departure and mailed back to you. It better to stick to your prearranged trave dates, and to plan everything ahead room reservations, cars, guides, tours Cedok has excellent tourist literatur and maps. Take every one it offers you because they are not always available i Czechoslovakia. Fodor's guide is th best, but you cannot count on castle and châteaux being open all the time Check with Cedok in Prague before yo set out. CSA (Czechoslovakia Airlines flies directly New York-Prague; Pan An also flies it, with a change in Frankfurt

SHOPPING

Czech folk crafts, carved wooden ware toys, embroidered table linens, painte peasant pottery can be bought at specia shops: Ceska Jizba, Karlova 12, Sloven ska Jizba, Vaclavske Nam 44, and Kras va Jiba, Marodni 23 in Prague. The tw nicest crafty things to buy are the hand woven peasant cottons, which are abou $4 per meter and of beautiful quality but heavy to carry back, and the huge decorated goose eggs—much lighter, but fragile—for $2, which are indigo and white and are, egg-wise, spectacular.

Continued on page 114D



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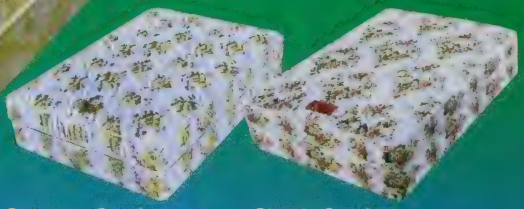
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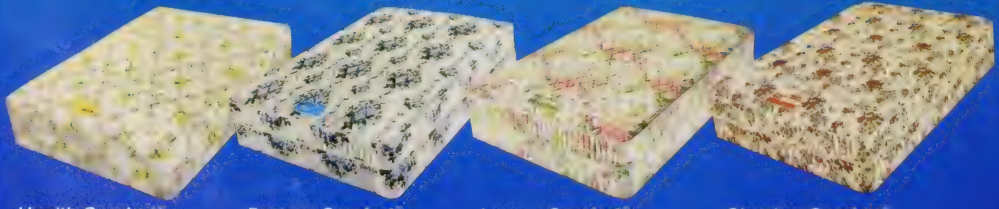


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APRIL HAPPENINGS

i races, antiques shows, ral displays, the eat Boston Marathon, ister festivities

il is synonymous with springtime, there are festivals and special events celebrate it. Gardens come alive for ver shows, Easter arrives with its ivities, many places have special an- ies shows. It's a good time to get out enjoy yourself:

The month begins with the April ols' Cross Country ski races in *Sun lley and McCall, Idaho.* At the other of the country, in *Boothbay Harbor*, ., the annual Fishermen's Festival ntinues. Net-mending contests, fish s, tall-tale telling contests, and other nts begin March 30 and end April 1. *Washington, D.C.*, famous for its rry blossoms in springtime, plans to nd April 3-7 welcoming their arrival. e annual Cherry Blossom Parade will held on the 7th, and activities all week lude a special 10-mile running race. *Bostonians* look forward to a longer e April 16—the annual Boston Mar- on from *Hopkinton, Mass.* to the idential Center—26 miles. Mean- ile, in *New York*, and nationwide, seball gets underway in mid-April.

Easter falls on the 15th this year, and l be celebrated in many of the tradi- nal ways. Easter egg decorating con- ts, egg hunts, and egg rolling contests ll be held in *Sun Valley* and *Targhee, aho, Sugarloaf, Me.*, and *Stratton, Vt.*, name just a few. In *Washington, D.C.*, annual egg-rolling contest on the hite House lawn will be on April 16th. *ew Yorkers* put on their Easter bon- ts for a parade on Easter Sunday, as residents of *Park City, Utah*, and her towns around the country.

Also in *New York*, on the 26th, the gest collection of sketches by Michel- gelo to be shown in this country will on display at the Pierpont Morgan brary, remaining through July.

Several cities will have antiques ows and sales. In *Los Angeles*, from e 27-29, the Los Angeles County useum of Art will host an American ntique Conference featuring seminars d lectures by noted authorities on an- ques. And in *New Haven, Conn.* the nd annual Antiques Show will be held the Coliseum, March 30-April 1. Over 0 exhibitors will be represented in hat is known as the oldest and largest ntiques show in New England. In *airfield, Conn.*, antiques will also be displayed March 31 and April 1, at Fairfield University. The 29th annual antiques show and sale in *Butler, Penna.* will be April 5-7, while in *New Orleans, La.* antiques are being shown March 29-April 1 at Rivergate.

For children, April 3 is the day to be in *Park City, Utah*, when the city celebrates "Clown Day." Or, in *Middlebury, Vt.*, children may enjoy "Child's World," an exhibit at the Vermont State Craft Center. Quilts, children's furniture, and a special "fantasy world" will be on display from April 7-28.

For details about what's happening this month in your area, contact your Chamber of Commerce or State Department of Tourism. CLAIRE SCHOEN

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continued from page 114

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■ CLOTHES

Comfortable and casual. Women c wear pants anywhere, and do. The c mate is rather like northern U.S.A. you'll need a sweater or a jacket at nigh even in summer. A light raincoat, to No dress-up clothes, even in the be Prague restaurants. Comfortable wal ing shoes are a necessity. ■

In Hawaii:

How to choose the right island and hotel for you

By Robert S. Kane

Editor's Note: Robert S. Kane has be going somewhere and coming home write a book about it for years—esp cially his well-known A to Z travel guide A new one next winter: Germany A to *In 1975 he revised his* Hawaii A to *and he updates his impressions below.*

For Americans who'd like to visit Ha waii but don't know how to go abou choosing the right resort for the vacatio they'd like, here's a primer on hotel restaurants, and sights on the six island —four major and two minor—that mak up our newest state.

Oahu. The Hawaiian word for "mee ing place," Oahu is aptly named, sinc it includes the capital and sole metropo lis, Honolulu, with its satellite, Waikik Beach. Waikiki offers a life which r volves around the beach, where bot locals (mostly dawn-to-dusk surf-riders and visitors swim (the water is usuall calm), sun, and stroll. Other daytime ac tivities: shopping on Kalakaua Avenu (named for the last of Hawaii's kings) splendid golf, lots of tennis, deep-se fishing, and sightseeing.

On the beach, the traditional hotel fa vorite is the Royal Hawaiian, a 1920 Spanish baroque stucco palace, now ru by Sheraton. A 15-minute drive away i Honolulu's most expensive section: th Kahala Hilton. Low-key, with an ampl beachfront for guests who want to b close to Waikiki, but not actually in it Other Waikiki hotels: Hilton Hotel Corp.'s city-within-a-city Hawaiian Vil lage, Hyatt's new Regency Waikiki wit two immense towers. Americana's Al Moana, and Western International's Ili kai are neighbors at that end of the beach closest to downtown Honolulu.

There's always a good dining room i

Continued on page 11

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My husband said he'd be bored silly on a Caribbean cruise. That's him singing with our waiters.

As you can see, he's enjoying his boredom enormously. Today for example, we're on our way to Caracas. So I thought we'd just relax, and rest up for South America, right? Wrong.

My husband—who loves to sleep late—was so full of vim that he got us up at the crack of dawn. Why? So we could get off to our morning exercise class.

After exercise class? An early breakfast at the outdoor verandah cafe. He wanted to eat hearty to be ship-shape for the basketball tournament.

The next thing I know, he hustles us off to dancing class. And this afternoon, over at the pool, who won first place in the inner-tube race? You guessed it.

We've been going on like this for days. Thank goodness we're on a 14-day cruise. We still have plenty of time. To relax. To bask in the sun. To be pampered. To feel better than we've ever felt in our lives.

See a travel agent about a Royal Caribbean cruise. You'll find one leaving Miami every week and it's one of the nicest vacations you'll ever have. If there's any doubt, ask my husband. He's been singing its praises since we've come aboard.



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continued from page 114D

the hotel. But if you want to venture out try: the Willows, set around a lily pond at 901 Hausten St.; Wo Fat—an old-fashioned Chinese place that could have been the setting for a 1940s B-movie, in downtown Chinatown; Chez Michel, a French bistro at 2126-B Kalakaua Ave.; the Garden Restaurant of the handsome Liberty House department store in the Ala Moana Shopping Center; Furusato, the genuine Japanese article, in the Hyatt Regency; Canlis, an island outpost of a West Coast steakhouse group, at 2100 Kalakaua Ave., and—out on the island—Waioli Tea Room, fun for lunch. Look for Robert Louis Stevenson's 1890 bungalow in its garden.

Two top-rank museums: the Bishop, one of the Pacific Basin's foremost museums of anthropology, and the Honolulu Academy of Arts, with extraordinary collections not only of South Pacific and Asian Art, but of European Masters and American work as well. Its lunch-only restaurant is run by volunteer women who are among the town's best cooks. Also worth visiting is the Iolani Palace, recently restored residence of the monarchy's last two rulers.

Shops: The hotels often have good ones. Try Carol and Mary—at the Ala Moana and Kahala Mall shopping centers as well as the Royal Hawaiian and Kahala Hilton hotels and in the neighbor islands, too. Or Liberty House, the Hawaii-wide department-store chain. For jade: Ming's in the Royal Hawaiian and Ala Moana. Pauline Lake (Royal Hawaiian) sells unusual Asian antiques. Shirokiya (Ala Moana) is a branch of a Japanese department store. Try the Chinese sweets—preserved plums, sweet and sour lemon peel—at Crack Seed Center (Ala Moana).

Each neighboring island is connected to Oahu by frequent flights of Hawaiian Air and Aloha Airlines.

Maui has become the most popular of the group, with the little-visited twin towns of Kahului and Wailuku; a much-visited third town—the old whaling port of Lahaina. Kaanapali Beach has lots of beachfront hotels—Island Holidays' Royal Lahaina and the Sheraton Maui are my favorites. There's a Robert Trent Jones golf course, and Lahaina just down the road. Also not far away: Rock-resorts' spanking new Kapalua Bay Hotel. Try the Hana Maui Hotel in Hana, a small town on the tropical east coast. In Wailea, the low-slung Inter-Continental Maui. Haleakala, a dormant volcanic crater—now a national park the size of Manhattan Island—is worth a visit.

The restaurants of Maui are among the best in Hawaii outside of Waikiki. At the Royal Lahaina Hotel: Original Paniolo Steak House, Moby Dick's for seafood, Brasserie by the Sea (French

Continued on page 118



George Washington's Mount Vernon.

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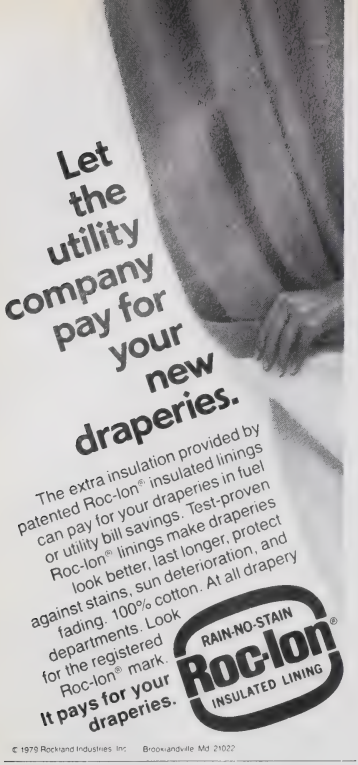
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In Hawaii
continued from page 116

and French-operated).

Hawaii is as often called the Big Island, and is just that: the archipelago's largest with a pair of peaks (Mauna Kea and Mauna Loa) and also the Kilauea Crater in Hawaii Volcanoes National Park. The east-coast town of Hilo is the state's second largest city after Honolulu. If you're there, visit the Lyman House Museum and Akaka Falls.

In Hilo, stay at Sheraton's Waiakea Village, a series of water-surrounded, bridge-connected pavilions and in the north near Kamuela, Mauna Kea Beach Hotel, created by Lawrence Rockefeller's Rockresorts, now owned by Western International. Skidmore, Owings & Merrill built Mauna Kea. Public spaces are filled with museum-quality art objects from Asia and the Pacific. There's a dreamy crescent beach, and Robert Trent Jones golf course.

Also on the east coast near Hilo: sleepy Kailua-Kona village, headquarters for big game fishermen. Hotels: the new King Kamehameha, with its own mini-beach, in the center of the village. Nearby—the Hulihee Palace, one-time royal retreat, now open as a muse The Kona Hilton is on the beach. dining is in the hotels.

Kauai, where more South Pa movies have been filmed than anywh else. This is the most breathtaking of islands with its valleys, emerald grott excellent beaches, and a canyon—W mea—that's 10 miles long, and 3, feet deep. Grace Guslander runs a mantic hotel called Coco Palms, wh Hawaiian-style pavilions circle an mense palm grove. Visit her muse library of Hawaiiana. Other good ho are casual Waiohai and the Shera Kauai, both on Poipu Beach; and towering Kauai Surf, with beachfr and near the island's sole town of c sequence, pretty Lihue.

Molokai and **Lanai** have tradition catered to Honolulans who want a days' change of scenery. That rema the case with Lanai, which might described as one giant pineapple pla tion with a tiny town—Lanai City—a tiny hotel—Lanai Lodge, plus s beaches and mountains. Bigger Molo has a perky little "capital," Kaunaka and the new Sheraton Molokai Kepuhi Beach—with 300 rooms, 4 nis courts, and 18 holes of golf. ■

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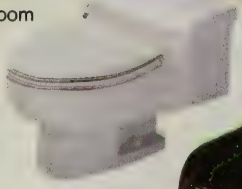
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Instructions and tips to help you recreate or adapt the inventive fix-it-up ideas that you will find in this issue

How to paint patterns on fabric

(like the ones Stephen Montgomery did on page 180)

Materials: Fabric; paint—dyes such as Rit dye, available in dime or hardware stores—or pigment paints, available at art-supply stores; glass jars for mixing paint; brushes; tailor's chalk (if you're going to paint a freehand design); 2- or 3-ply plate finish Bristol board and a #11 X-Acto knife, both available in art-supply stores (if you're going to make a stencil); artist's tracing paper (if you're going to trace a design).

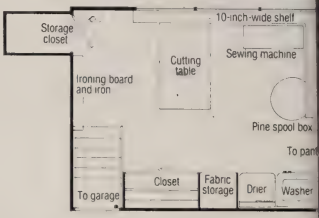
Method: Choose a flat work surface—a large piece of plywood or Beaverboard is good—and tack the fabric in place. Mix paint in glass jars. (Mr. Montgomery usually uses dyes, following the basic package instructions, but experimenting to achieve the color concentrations he wants. He labels each jar with strips of dyed fabric.)

If you're painting freehand: Draw the design right on the fabric with tailor's chalk (on white fabric, you may use a pale blue chalk; on deep colored fabric, white chalk). Paint. Let dry.

If you're using a stencil (which is a good idea if your design has a repeat or is complicated): Draw design with a pencil on Bristol board and cut out areas to be painted with X-Acto knife. Tack stencil to fabric and apply colors within stencil. Let dry.

If you're tracing a design: Paint the design on tracing paper. Tack lightweight transparent fabric over the design and trace with paint. Let dry.

What to do with painted fabrics: Besides painted rugs, slipcovers, pillows, and tablecloths, you could paint panels of natural silk or tulle with metallic gold for curtains; paint a muslin bedspread, line and quilt it; or, if you're less confident of your design talent, paint in the flowers of a damask tablecloth. No matter what your project, Mr. Montgomery suggests having the fabric dry-cleaned after it's thoroughly dry, to remove excess dye. Thereafter, continue to dry-clean. Fabric may be ironed.



How to arrange an efficient sewing room

Advice from Mr. and Mrs. Michael Meshekoff, who planned the sewi room on page 184

■ FABRIC STORAGE

It makes sense to store fabrics accordi to color and category—all the silks t gether, all the wools, all the lining fa rics, and interfacings. In Mrs. Mesh koff's sewing room, fabrics are kept drawers and cupboards on the laund wall beside the washer and dryer, ar extra bolts of it stay handy in a bask beside the steps (the basket also hol rolls of wrapping paper for pressing op seams and around buttons). Fabrics y love to look at but aren't likely to ma into anything for a while can be ke nearby but out of the way—like the 2 year-old Thai silks stored in the clos behind the tailoring form.

■ PATTERNS

Patterns seem to multiply daily, and y need to plan well in advance to accor modate the population. Most of M Meshekoff's are kept in a specially d signed drawer in her cutting table. F those currently in use, a wall rack is good idea (see page 184). And for t inevitable overflow, you can add pret fabric or paper-covered boxes like t flower-patterned ones on Mrs. Mesh koff's window sill. On an overhead b on the laundry wall hang plastic-protec ed carboard patterns she made herself sewing class.

■ SEWING

The important thing is to have everythin

Continued on page 12

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you need within reach while you're s ting at the machine, Mrs. Meshek feels. A wide shelf beside the machi creates extra counter space for holdi pieces of sewing, scissors, instructio and pincushions—and is a convenie vantage point for the family cat. Benea the shelf, you can hang tape measur scissors, and other necessities, such as feather duster for sweeping up bits thread and fabric lint. One good idea retractable towel rod from the hardwa store that can be pulled out for hangi garment pieces as they are assembl Current sewing projects (plus off-seas clothes) are kept in a wardrobe near t fabric storage cupboards.

For thread and bobbins, Mrs. Mesh koff feels the best idea is a specifica designed case. Hers, made by her hu band, is toile lined and hangs on t wall near the sewing machine. You c learn how to make one like it on pa 126.

■ PRESSING

Pressing is about as important as stitc ing, as most seamstresses agree. In t Meshekoff plan, the ironing board, a ways left up, fits under shelves that ho baskets of tailor hams, press-cloths, ar other pressing needs. Velvet pressi boards are stored nearby in the Thai si closet.

■ CUTTING

Next to a good sewing machine, wh most people who sew yearn for most is convenient, comfortable place to cu things out. And the cutting table Micha Meshekoff designed for his wife is masterpiece—not just for its cutting su face, but the organization that goes o inside (have a good look at it on pag 184).

Measuring 40 by 72 inches, on caster with a two-way kneehole, the table h

Continued on page 12



Everything a sewing devotee needs, righ where she needs it—in the top drawer o a well-organized sewing table. Beneat the fold-up cardboard cutting surfac the table is smooth plastic laminate.

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ange a sewing room

tinued from page 124

fewer than 17 brass-handled drawers. terns are kept in deep divided drawers he bottom, making a filing system for s, shirts, dresses, and skirts. Tapes, dings, and braids are stored in shal- er drawers, as are silk threads, brass ghts, buttonhole threads. There are cial drawers for elastics, zippers, but- s, rulers, tracing paper, and fur pieces edges. The top drawer holds all the ssors, including electric shears, which g into their own concealed outlet. awers on either side of the kneehole d fabric. Removable bar at the side is hanging heavy fabric waiting to be . Or extra yardage may be laid over it ring cutting. Reachable from either e is a pigeonhole for rolled-up pattern ets.

MAKING A OOL BOX

. Michael Meshekoff is an accomplished d experienced craftsman and his design, own on page 130, requires some tools t may be unfamiliar if you haven't done reat deal of carpentry. However, with h step, we will suggest ways in which the nstruction might be simplified. Essen- ly, the design is two boxes hinged to- her. Each one is made a little bit differ- ently, because a decorative face is needed at the back of the box, which shows when the box is closed.

Materials Needed

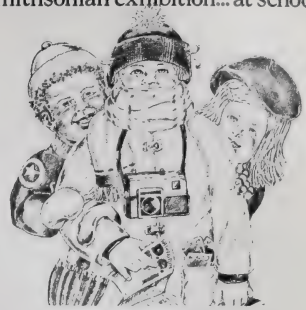
2 pieces ¾-inch clear pine—36 by 2 inches
2 pieces ¾-inch clear pine—5½ by 2 inches
4 pieces ¾-inch clear pine—36 by 2¾ inches
1 ½-inch pine panel—35 by 8½ inches
1 ¼-inch plywood panel—9 by 35½ inches
½-inch clear pine for shelving

Before you start, figure out the number of shelves you will need. How many shelves you want to put in will depend on the size of the spools you will wish to accommodate.

2 pieces quarter round molding, 32-inch length, ¾ by ¾ inches
2 pieces quarter round molding, 5½-inch length, ¾ by ¾ inches
1/8-inch dowels—*Note:* Amount will vary on the number of spindles required.
Wood glue
4d finishing nails
1-inch brads
Sandpaper
3 2-by-¾-inch hinges
Small porcelain knob

Continued on page 130

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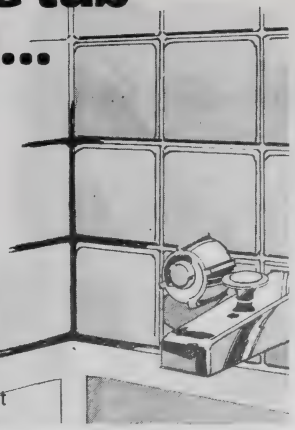
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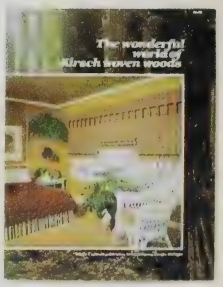
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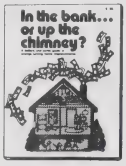
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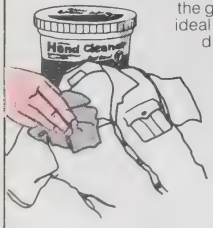
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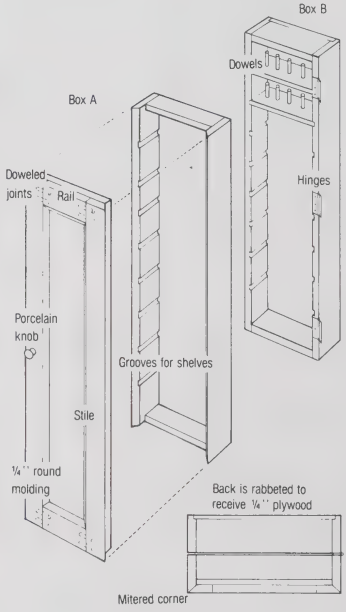
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Arrange a sewing room
continued

Equipment
Bench saw or mechanical saw—needed to cut mitered sides
Square
Hammer
Drill, with 1/8-inch bit
Handsaw—small cuts
Router—to make tracks for removable shelves
Note: For absolute precision, length and depth of shelves should be measured once frame is completed.



Box A—Step 1
Start by making a frame with the two pieces of ¾-inch pine, measuring 36 by 2 inches—the stiles—and the two measuring 5½ by 2 inches—the rails. Using bench saw, cut stiles at a 45° angle at the outside edge.* With a 1/8-inch bit drill holes ¼-inch deep, ½-inch from the top and bottom of each rail and corresponding inner side of the stiles (*see drawing*). Cut four ½-inch lengths of 1/8-inch dowel. Drop glue in the holes, put in the dowels, join stiles and rails.

Step 2
To form the box, which will be attached to the frame, take 2 pieces of pine measuring 36 by 2¾ inches and 2 pieces measuring 8½ by 2¾ inches. Again, using the bench saw, miter the outside edge at 45° angle.* (When assembled, the edges will fit snugly to the frame, forming a clean outside line.)
**Note: If you are going to paint your box, the joints can be butted, not mitered, and you do not have to make the 45° angle cuts. Simply sand carefully before painting.*

Step 3
Before assembling, dado or make groo on the inside of the verticals using router. The shelves will slide through th grooves.
Note: If you don't want removable shel simply measure and draw pencil line guide in gluing and nailing shelves in pla

Step 4
Glue and nail box together. Glue and frame to the box.

Step 5
Next, take the clear pine panel measu 35 by 8½ inches, and glue to the insid the frame. To make more secure, you nail in place, using 1-inch brads.

Step 6
Next, take two pieces of quarter ro molding, ¾ by ¾ inches, measuring inches in length, and two pieces qua round molding ¾ by ¾ inches, measu 5½ inches in length. Using bench saw, ends to a 45° angle. Now glue and nail molding, so that it fits flush to the in rim of the panel. This hides the raw ed and dresses up the inner frame. The fi part of the cabinet is now completed.

Box B—Step 1
For the back of the cabinet, you nee build another box. This time, however, make the grooves on the inside of verticals. Do not miter the outside ed Then glue and nail the pieces together.

Step 2
So that you can change the toile lining, back panel has to be able to slide in and This means that all 4 sides at the back of box must be rabbeted, before all 4 pie are glued and nailed to form a box. T means cutting a ¼-inch-deep step with router, so that the 9-by-35½-inch plyw panel, which will form the back panel, flush to the box.
Note: If you decide to simply stain interior or to have a permanent lining, t you just glue and nail a 36-by-9½-in plywood panel flush to the frame.

Step 3
Check shelf measurements and cuts for inch pine. Drill 1/8-inch holes ½-inch d for the 1/8-inch dowel spindles. Cut dow lengths to accommodate one-size or v ous size spools—and insert in holes—g ing or not as you wish.

Step 4
In finishing, sand carefully if you're go to stain, making sure a good wood seale used before staining. Two or 3 coats lacquer varnish or polyurethane should sufficient to finish.

Step 5
Now you have two boxes, front and ba Hinge them together, spacing hinges eve ly, 3 inches from top, 3 inches from t bottom. Center the middle hinge.

Step 6
Attach porcelain pull to decorative panel Box A.

Continued on page 1

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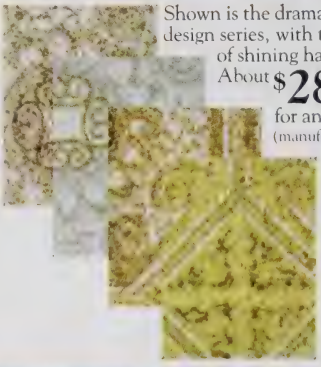
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continued from page 130

How to make crocheted trim for towels and bathmats

(like those on page 194)

Stitch instructions: To make a foundation chain, make a slipknot in the end of your yarn. Push hook through this loop and wrap yarn around hook once. Draw hook and yarn out, forming a new loop on the hook. Wrap and draw out again. This is the beginning of chain. Repeat until it is the desired length.

To single crochet, push hook thr the second chain stitch from hook catch the yarn. Draw hook and back through the stitch and wrap other loop of yarn over hook. I hook and yarn through both loops. **Pattern:** If you're not working fro kit, nine 1 4/10-oz. skeins of "C Crepe" cotton by William Unger edge both ends of six bath towe skeins, six hand towels; 3 skeins, tire bath mat.

These abbreviations are used in cheting: stitch, st; chain, ch; si crochet, sc; * to *, repeat the direc written between the two asterisks.

To trim both ends of a 16-by-30- hand towel: Make a foundation of 129 chain stitches. *Row 1:* Sc in ch from hook, 1 sc in each of n chs, * 3 sc in next ch, 1 sc in eac next 7 chs, skip 2 chs, 1 sc in eac next 7 chs; repeat from *, end 3 1 ch, 1 sc in each of 4 chs. Ch 1, *Note:* At this point, check to make strip fits short edge of towel, and a if necessary. *Row 2:* Pick up back of every st. Skip 1 st, 1 sc in each sts, * 3 sc in next st, 1 sc in each sts, skip 2 sts, 1 sc in each of 7 sts peat from *, end 3 sc in one st, 1 s each of 4 sts (this leaves 1 st off a end). Ch 1, turn. Repeat Row 2 there are 8 rows in all. Fasten off. M 12 pieces (two for each towel).

To trim both ends of a 25-by-50- bath towel: Make a foundation chai 197 chain stitches. Work same as hand towel for 12 rows.

To trim all four sides of a 22-by inch bath mat: Make two short side follows: Make a foundation chai 186 chain stitches. *Row 1:* Sc in ch from hook, sc in each of next 6 * 3 sc in next ch, 1 sc in each of ne chs, skip 2 chs, 1 sc in each of ne chs; repeat from *, end 3 sc in one 1 sc in each of 7 chs. Ch 1, turn. N Check to make sure strip fits short of mat. *Row 2:* Pick up back loop increase 1 st at each end as follow sc in each of 8 sts, * 3 sc in next sc in each of next 7 sts, skip 2 sts, in each of next 7 sts; repeat from * 3 sc in one st, sc in each of 8 sts. C turn. *Note:* Always pick up back loo st for remainder of strip. *Row 3:* 1 st, sc in each of 8 sts; repeat fro of Row 2, end 3 sc in one st, sc in of 8 sts. Ch 1, turn. *Row 4:* Sc in of 9 sts; repeat from * of Row 2, 3 sc in one st, sc in each of 9 sts. C turn. *Row 5:* Skip 1 st, sc in each sts; repeat from * of Row 2, end 3 s one st, sc in each of 9 sts. Ch 1, t *Row 6:* sc in 10 sts; repeat from Row 2, end 3 sc in one st, sc in eac 10 sts. Ch 1, turn. *Row 7:* Skip 1 s

Continued on page



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Crocheted trim
continued from page 134

in each of 10 sts; repeat from * of R 2, end 3 sc in one st, sc in each of sts. Ch 1, turn. *Row 8:* sc in each 11 sts; repeat from * of Row 2, end in each of 11 sts. Fasten off. Make t long sides as follows: Make a foundat chain of 271 chain stitches. Work sa as for short sides, checking after f row to be sure strip fits long side of m *Finishing:* Lay completed trim alo both ends of each towel, and all arou the bath mat, so the points just exte over the edge. Using strong cot thread, securely sew trim to towel hand, with one row of stitching at top edge of the trim, another at the ed of the towel. (Mat trim has mitered c ners; simply stitch the four corners gether as you attach it to the mat.) Co with a dry cloth, and steam-iron on wrong side.



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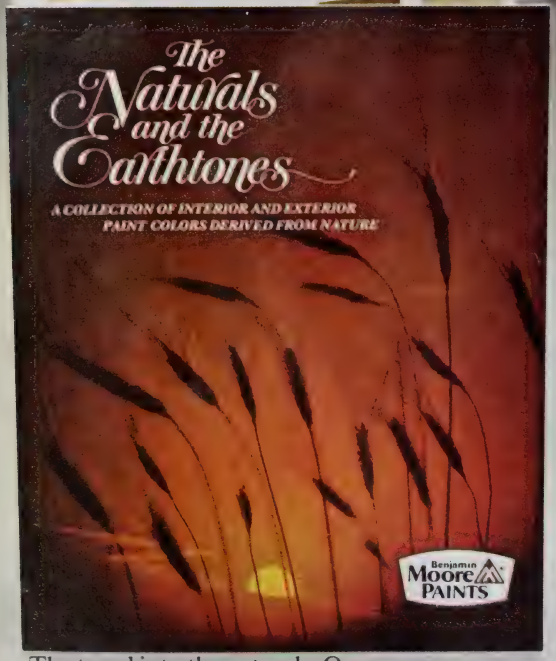
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continued from page 136

How to create a plant close

By David Madison

Instructions for duplicating the indoor garden on page plus an expert's techniques for potting orchids.

EDITOR'S NOTE: *A young horticultural designer still in his twenties, David Madison specializes in planning and planting terraces and roof gardens, works at the experimental greenhouse at Hunter College in Manhattan, and photographs and lectures on his favorite subject, orchids.*

The first step in building a plant closet is to consider the heights of the plants you want to grow. Varying the distance between shelves accommodates a great diversity of plants. Weight is also a factor —stationary shelves support more weight than bracketed ones. And with graduated shelves, small to tall, top to bottom, the larger, heavier plants can rest at ground level.

In my closet, 6 feet high and 7 feet wide, there are four shelves, 14, 15, 20, and 35 inches apart. Each has a depth of 18 inches. With these measurements in mind, I ordered from a sheet-metal worker eight trays—3 feet by 18 inches (two trays per shelf make it easier if one needs to be removed). To accommodate water run-off, trays shou 1 or 2 inches deep.

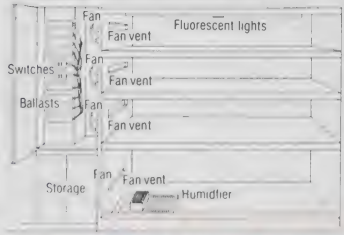
To light the closet, I c 4-foot (40-watt) length fluorescent tubing becaus a standard size, they are ily available, even in stores. (Six-foot lengths w have fit the 6-foot closet they are more expensive less commonly available used four 4-foot tubes shelf and let them doubl for 2 feet over the midd each shelf. Plants requ strongest light are pl there, and those requiring light are set at the ends o shelves.

Because the closet closed system, excess from the tubes can burn cate plants. To reduce he bought fixtures, tubes, lasts, and wiring as sepa units and moved the ball which conduct the gre amount of heat, to an ad ing cupboard where all wiring is concentrated. protects them from w damage and also masks attractive elements from v One ballast is required each pair of 40-watt tub

There is much discus about what kind of arti light grows plants best. G lights, especially designed plants, can be expen Plants require light in the spectrum and blue spect and grow-lights contain in one tube. However, an er and less expensive me is recommended by many door light growers: alter ing warm white (red s trum) and cool white (spectrum) standard tube

Continued on next





The closet w
Four shelves, kept at the pr moisture level b humidifier and and-vent syst Ballasts and wi for fluorescents in cabinet next d

VISIT YOUR DECORATING

Plant closet
ontinued from preceding page

he same shelf. The effect is about the ame at a fraction of the cost. I built a vood fascia on the front edge of each helf to conceal the tubing and mini- ıize glare.

Each shelf contains a separate turn- n switch for independent operation, but o provide an automatic 14-hour day, I enerally use a timer connected to the witch box. To provide air circulation, vhich discourages insects and helps to revent fungus, the electrical cupboard lso contains a small fan for each shelf. ans blow through holes in the wall be- ween the electrical cupboard and the lant closet. The fans also help to circu- ate the humidity from the 4-gallon ca- acity Hankscraft humidifier that is in he bottom of the closet.

As it happens, my plant closet was ined with white vinyl when it housed a Murphy bed, and this has proved ideal or plants because it is reflective, easy to lean, and doesn't absorb any of the ıumidity.

HOW TO POT ORCHIDS STEP BY STEP

f you choose to grow orchids as I do, ne of the secrets of successful growing ies in the method of repotting and hoice of potting materials. This applies whether you are growing orchids under ights, on a window sill, or in a green- ıouse.

A mix must be porous enough to dry ut thoroughly between waterings. A orous mix allows for an even exchange etween water and oxygen at the level f the roots, where the plant needs it the nost.

There must always be a rich supply of ıutrients for the proper health and con- inued growth of the plant, although nost orchids produce new growth only nce a year. Inspect the medium at the irst signs of growth to determine whether new mix is required.

The mix should also be easy to re- nove from around the roots. Material hat is difficult to remove damages the oots, shocks the plant, and is frustrating o work with.

A good mix should remain firm one o three years. That's important be- ause rotted medium destroys orchid oots, and too frequent repotting weak- ns the plant and lowers its resistance to ests and disease.

Step 1



The mix I use is a combination of two parts medium grade white fir bark with one part each coarse grade perlite and German peat. (I find that Michigan peat decomposes too quickly and has an acid pH factor orchids don't tolerate.) This basic mix can be varied. When I'm potting paphiopedilums, I add oyster shells (obtainable at bird-supply stores) and dolomite lime because paphiopedilums are great alkaline lovers. Coarse grade fir bark can be added for larger specimen plants and for orchids that like to be drier—certain oncidiums, brassavolas, and members of the vanda tribe. Some growers like to use tree fern, Hapuu—a Hawaiian fibrous plant derivative, or osmunda fiber.

Because most orchids are epiphytic, getting nutrients and moisture from the air, not the ground, it's natural for roots to creep out of the pot. But when there's no more room for the rhizomes to grow, or when the medium has become soft to the touch, it is time to repot.

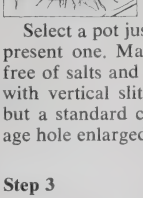
Step 2



The best time to do this is when the plant shows new growth and roots; then it is most active and least disturbed by change. (Never, however, repot a plant that is in flower or bud.)

Select a pot just barely larger than the present one. Make sure it is clean and free of salts and algae. Clay orchid pots with vertical slits in the sides are best, but a standard clay pot with the drainage hole enlarged will do.

Step 3



Fill one third of the pot with clean broken crock, with the sharp sides down. Knock the orchid out of its present pot by inverting it, holding it around the base, and rapping the rim of the pot briskly on the edge of a table. Orchid roots are tenacious and it may take some doing to dislodge them.

Step 4



Gently peel off roots that stick to the pot. Remove all old mix from the roots, working carefully with your fingers. All the mix must be removed and the roots rinsed well with tepid water.

Next, inspect the roots. Any soft brown roots must be pulled away and discarded. Healthy orchid roots are firm to the touch and white. Care should be taken not to break off the fresh green tips of the new roots, which manufacture food for the plant and cannot regenerate. It is a good idea to dip the whole plant in fungicide solution—2 teaspoons of Benlate to 1 gallon of water will do.

Step 5



When the plant is dry, place it in the pot. Don't center it—give the most amount of room to the new foliage growth. Spread the roots evenly in the pot. Using moistened mix, fill in around the roots just to the level of the rhizome (the horizontal stem that supports the pseudobulbs), while holding the plant level. The rhizome should never be covered or the growing buds will rot. Press down around the edge of the pot with your thumbs or potting hammer, making sure the plant is securely anchored. If the plant moves around in the pot too freely, place a stake near the tallest growth and tie it with Twist-ems or plastic cord.

Step 6



Run a stream of water over your newly potted plant. Water should flow freely from all holes. If any holes are blocked, remove the plant and start again. If all is well, place the plant in a less sunny spot until the roots appear settled in the new mix. ■

Anyone growing orchids will find The American Orchid Society helpful. Membership ($15) includes a free booklet and a monthly bulletin. Write AOS, Botanical Museum of Harvard Univ., Cambridge, Mass. 02138.

Orchids are available from Orchids by Hausermann, P.O. Box 363, Elmhurst, Ill. 60126; Jones & Scully, 2200 N.W. 33rd Ave., Miami, Fla. 33142 (catalogue $4); and miniature cymbidiums from Rod McLellan Co., 1450 El Camino Real, South San Francisco, Calif. 94080 (catalogue 25¢).

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Shopping information, page 218

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Fortuna Glass & Paint Co
FREMONT
Hire's Paint
FRESNO
Dutch Boy of Fresno
FULLERTON
The Paint Store
Rainbow Colors
GARDEN GROVE
Ralph's Paint Mart
GLENDORA
Village Color Center
GRASS VALLEY
Sierra Paint & Home Decorating
HEMET
Bill's Paint & Wallpaper
HOLTVILLE
Imperial Hardware Co.
HUNTINGTON BEACH
Beach Paint & Wallpaper
IMPERIAL
Imperial Hardware Co.
INDIO
Benton's Paint
Decor Center
Imperial Hardware Co.
LA CANADA
Crest Paint
LAFAYETTE
The Color Center
LAGUNA BEACH
Laguna Beach Lumber Co
LAKE PORT
Paint Warehouse
LAVERNE
LaVerne Decorating Center
LANCASTER
A. J.'s Paint & Wallcovering
Lancaster Paint & Wallpaper Co.
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LODI
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LOMPOC
Mr. Paintman
LONG BEACH
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Finn's Wallpapers
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MANHATTAN BEACH
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MANTECA
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MARTELL
The Home Decorator
MENLO PARK
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MERCED
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Modesto Color Center, Inc
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NEWPORT BEACH
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Marin Color
OAKLAND
Decorator Paints, Inc.
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Ojai Paint & Wall Paper Center
ONTARIO
Drew Carriage Co.
Paint Bucket
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Orange Hill Ameritone Paint Center
Orange Paint Store
ORANGEVALE
Frontier Paint Co., Inc.
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Orland Hardwdare & Imp
OROVILLE
Ken's Paint & Decorating
The Little Paint Store
OXNARD
Price Ameritone Paint
PACIFIC GROVE
Kidwell Paint & Wallpaper
PALMDALE
Gorton's Paint Co.
PALM SPRINGS
Rite Way Paint Co.
PALO ALTO
California Paint & Wallpaper Store
Craig's
PARADISE
Paradise Lumber Co., Inc
PASADENA
Merritt's Paints
Phelps-Clark Corporation
PETALUMA
Peterson's Paint & Wallcoverings
St. Louis Decorating Center
PLEASANT HILL
Deen Pierce Paint Co., Inc.
PLEASANTON
Kolln Hardware
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Cascade Paint & Supply
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REDLANDS
Maxwell - Means
Redland's Paint
REDONDO BEACH
Supreme Paint Decorating Center
REDWOOD CITY
Cobbledick-Kibbe Glass Co.
RIDGECREST
Home Decorating Center
RIVERSIDE
Paper World Wallcoverings
ROHNERT PART
The Decorator
ROWLAND HEIGHTS
Decorator's Paint Center
SACRAMENTO
Frontier Paint Co.
SAN BERNARDINO
Baseline Paint Market
SAN CARLO
The Color Shop
San Carlos Paint & Wallpaper, Inc.
SACRAMENTO
Broadway Hardware
Lane Calder
Frontier Paint Co., Inc (2 Locations)
SALINAS
Salinas Paint Supply
SAN DIEGO
San Diego Glass & Paint
SAN DIMAS
Grey & Frazier
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Geary Paints
Hoot Judkins
House of Color
Painters Co-op
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Colour Shoppe Interiors
San Jose Art, Paint & Wallpaper
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SAN RAFAEL
Martin Color Service
SANTA ANA
Ace Hardware
SANTA BARBARA
Athen's Paint Inc
SANTA CRUZ
King's Paint & Paper
SANTA MARIA
Mr. Paintman
SANTA MONICA
Byron Cox Paints
Sears Naylor Paint
SANTA PAULA
Price Ameritone Paint
SANTA ROSA
Malwino Interiors
Manning Paint & Wallpaper
Roseland Paint Center
SARATOGA
Colour Shoppe Interiors
SEBASTOPOL
Paint N Paper and Carpet Too
SHERMAN OAKS
G. E. Olson Paint & Wallpaper
SOLVANG
Nielsen Building Materials, Inc
SONORA
Mundorf's
SOUTH LAKE TAHOE
Ponderosa Paint
STOCKTON
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SUISUN CITY
Marina Paint & Decorating Center
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TEMECULA
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TEMPLE CITY
Newman's Paint Center
TERRA LINDA
Fairfax Lumber Co
THOUSAND OAKS
Carlson Paint Center
Decor Ameritone Paint Center
TRONA
Trona Hardware
TRUMBULL
Trumbull Color Center
TURLOCK
Morwear Color Mart
The Paint & Wallpaper Co
TUSTIN
Ralph's Paint Mart
UKIAH
Interiors Fashions
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VENTURA
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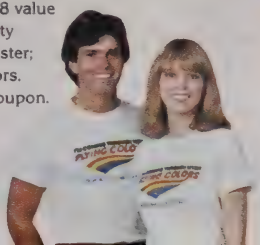
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WOODLAND HILLS
Corbin Village Hardware
YUCAIPA
Yucaipa Paint

IDAHO

BOISE
Bennett's Glass & Colorizer Paint
Broadway Paint & Glass
Fairview Paint & Glass
Howell's Inc.
Rodger's Dutch Boy Paints
BURLEY
Betty's Paint Pot
CALDWELL
Caldwell Paint & Glass
IDAHO FALLS
Bennett's Glass & Colorizer Paint
Decker's Inc.
NORTH MANCHESTER
Wendel's Decor Shoppe
NAMPA
Nampa Paint & Glass
POCATELLO
Bennett's Glass & Colorizer Paint
Centre Glass & Paint Co., Inc.
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Browing's Home Decor
TWIN FALLS
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Home Beautiful Center
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Ameritone Paint Center
Bennett's Glass & Colorizer Paint
RENO
Fuller Color Center
Solari Decorating Center
The Wright Paints & Decorating Center
SPARKS
Wallpaper World

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Sherwin Williams
ALBUQUERQUE
Custom Paint Center, Inc.
Sunland Paint & Decorating Center
Wellborn Paint Store
CLOVIS
Triangle Home Center
LAS CRUCES
Casa Decor
Mike's Hall of Paint
MONTE VISTA
Monte Vista Lumber
ROSWELL
Pecos Vinyl
Smith Paint Company
SANTA FE
Big Jo Lumber Company of Santa Fe
McMurtry Paint & Glass
Sherwin-Williams Decorating Center
Valdes Corporation
Wellborn Paint Store

OKLAHOMA

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COQUILLE
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Alpha Decorating Center
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Whitaker Paint
BEAVERTON
Rasmussen & Company
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GRANTS PASS
Caveman Building Supply
GRESHAM
Gresham Decor Center
Wallpaper Galore
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Modern Interiors
KLAMATH FALLS
McGaughey's Paint & Wallcoverings
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Lake Oswego Interiors (2 Locations)
LEBANON
ABC Decorating Center
Floor Krafters of Lebanon
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Manzanita Lumber Company
MEDFORD
Baker's Paint & Wallpaper
Wallpaper Galore
MILWAUKEE
Johnson's Paint & Floor
Northwest Paint & Wallpaper
NORTH BEND
The Paint Store
ONTARIO
Ontario Paint & Glass Co.
PORTLAND
Cotnells Woodland Park
Linoleum City Paint & Wallpaper
Sandberg's Hardware Co.
Schweitzers Paint & Wallpaper
REDMOND
Smith Glass & Paint
ROSEBURG
Handyman Hardware
Bill & Trudy's Wallpaper
SALEM
J. Paul Campbell Company
SILETZ
Siletz Country Store
TILLAMOOK
Anderson's Paint & Wallpaper
WOODBURN
Livesays Lumber Yard

TEXAS

ABILENE
TCI Paint & Decor Center
AMARILLO
Amarillo Hardware Company
Arden's of Amarillo
ARLINGTON
W.J. Hancock Co., Inc.
Post Oak Paint & Decorating
AUSTIN
Arrow Decorating Center
Central Texas Decorating Center
Evans-Smith, Inc. Personalized Interiors
Roach Paint Company
BOERNE
Bergmann Lumber Company
BRENHAM
Farmers-Merchants Lumber Co.
BRYAN
Bryan Paint & Glass
CAMERON
Anderle Lumber Company
CORPUS CHRISTI
Ashmore Paint & Wallpaper (2 Locations)
Best Paint & Wallpaper Company
Briner Paint Manufacturing Co., Inc.
West Side Lumber Co.
DALLAS
Jones Blair Company
McRae Paint & Hardware
Roach Paint Company (5 Locations)
Texas Paint & Wallpaper Co. (5 Locations)
Wallnut Hill Paint Co. (3 Locations)
DENTON
Jim Hardin's Paint & Wallcovering
EL PASO
Wellborn Paint
Asti Company
FARMERS BRANCH
Roach Paint Company
FLORESVILLE
Eschenburg Hardware Co.
FORT WORTH
The Color Wheel
Quality Decorating Supply Center
Roach Paint Company
W.J. Hancock Company (7 Locations)
GARLAND
Roach Paint Company
GREENVILLE
McCullough Paint & Glass
GROVES
Rucker's Color Cottage
HARKER HEIGHTS
Roach Paint Company
HENDERSON
Henderson Paint & Wallpaper
HILLSBORO
Davis Paint Store
HOUSTON
Kane's Ace Hardware
Mary Carter Paints
McDonal Paint Co.
Memorial Paint & Decorating Center
Roach Paint Company (2 Locations)
HURST
W.J. Hancock Co., Inc.
IRVING
Roach Paint Company
JACKSBORO
Peterson Lumber Co.
KERRVILLE
Kerrville Color, Inc.
KINGSVILLE
The Sherwin-Williams Company
LAREDO
Laredo Paint & Paper
LEVELLAND
Home Decorating Center
LONGVIEW
Cherokee Sales Co.
Roach Paint Company
LUBBOCK
Highland Interiors
MADISONVILLE
Vick Lumber Company
McALLEN
Bormann's Wallcovering
McGREGOR
Dietzman Building Materials
MIDLAND
Roach Paint Company
S & H Paint & Floorcoverings
MUENSTER
Community Lumber Company
NEW BRAUNFELS
Diamond Rite Products Co.
ODESSA
Roach Paint Company
T & E Paint & Wallcovering
PLANO
Plano Paint & Wallpaper
Roach Paint Company
PORT NECHES
Port Neches Paint & Carpeting
ROCKDALE
Kennedy Builders Supply
ROUND ROCK
Arrow Decorating Center
SAN ANGELO
Cal-Cote Paint Co.
SAN ANTONIO
J.C. Jones Paint Co.
Roach Paint Company
SAN JUAN
Valley Hardware Co.
SEGUIN
Schuenster Lumber Co.
SEALY
Sealy Decorating Center
SHERMAN
Nagel's Paint & Wallpaper
Roberts Decorator Supply
TEXARKANA
Hubbard's Mary Carter Paints & Crafts
Porter McClure Co.
TEXAS CITY
Reeves Interiors
TYLER
Roch Paint Company
VICTORIA
Rowan Home Center
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Barrett Hardware
Lou's Carpets
Reece Interiors
Roach Paint Company
WETHERFORD
The Color Center
WICHITA FALLS
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WASHINGTON

ABERDEEN
House of Color
BELLINGHAM
Stockton's
BELLVUE
Paul C. Fossum, Inc
CHEHALIS
Blakely & Hout, Inc.
C.C. White Paint Center
ELLENSBURG
Standard Paint & Wallpaper Co.
ISSAQUAH
Issaquah Wall & Window
KENNEWICK
Campbell's Paint & Janitorial
LACEY
The Paint Store
LONGVIEW
Somers Custom Color Center
LYNNWOOD
Sea-Lyn Paint and Wallpaper
MOSES LAKE
Armstrong Paint & Glass
MT. VERNON
Karl's Paints
Ray's Decor Center
OLYMPIA
Patrick's Decorating Center
RAYMOND
McDowell's Paint Center
REDMOND
Sammamish Valley Paint & Decorating
RICHLAND
Clark's Decorating Center
SEATTLE
Crown Paint & Wallpaper, Inc.
Parker Paint Sales (11 Locations)
Weston's Lake City Paint
SPOKANE
Columbia Paint Company
Paul C. Fossum, Inc. (4 Locations)
United Paint Manufacturing Co. (4 Locations)
Walter's Paint Co. (3 locations)
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Paint Pot Interiors (2 locations)
VANCOUVER
Burke's Paint Stores
WALLA WALLA
The Decorator Center
WENATCHEE
Apple Valley Glass & Paint
Wenatchee Paint & Glass
YAKIMA
Standard Paint & Wallpaper Co., Inc.
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At times like this you need a paint expert. Not a part-time clerk.

You're in the paint department of a bargain store.

And the only thing you're sure of is that you need some help.

Which, of course, is next to impossible to find. And if it is found, you find that it's really no help at all.

Because it's part-time help. With part-time knowledge.

And that kind of help you really don't need. Because the wrong advice or the incorrect answer can turn your can of paint into a can of worms.

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A *Pittsburgh*® Paints dealer. To him paint isn't a part-time job. It's a full-time profession.

He'll suggest what paint to use where. And when.

He'll answer questions. And give you advice about things like surface preparation, painting tools and accessories.

In short, he'll give you tips that can save you time, trouble, and in the long run, money.

So next time you're looking for a paint bargain, look for the store that sells *Pittsburgh* Paints.

Because every can comes with something bargain stores just don't have. An expert. Free with every can.

That is a bargain.

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While honeymooning at Niagara Falls in 1908, Mrs. David Bartels introduced her husband to the idea that women should be allowed to smoke cigarettes.



The idea didn't go over very well, but Mrs. Bartels did.



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a long way, baby.

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Fashions: Renée Helga Howie

15 mg "tar," 0.9 mg nicotine av.
per cigarette by FTC Method.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.



HOUSE & GARDEN, APRIL, 1979

Bringing China home



se & Garden's China
gation at The Great Wall.
left:
tographer Elliott Erwitt;
or-in-chief Mary Jane Pool;
il consultant Ferris Megarity,
ctor of Import Merchandising
. Altman & Co.;
or Writer Caroline Seebohm.

When you think of it, China has never been a total stranger to Americans: Since the days of the famous China Trade, before the birth of the United States, Chinese porcelains, rugs, lacquer, silks, baskets, and jade have been inspiring our decorating, adding undeniably to the beauty of our rooms and the fullness of our lives. Her people, of course—the craftsmen and artisans who make the things we prize, the workers, the farmers, the children—they have been strangers. Until now. Suddenly, in a sweeping change of policy, China has flung open her doors, stepped out to shake our hands, and invited us inside for a friendly look. Last year, *before* official normalization and the communication it has encouraged, the Chinese government extended a special invitation to House & Garden to exchange ideas and see for ourselves the arts and crafts of today's China. We visited Canton, Shanghai, Soochow, and Peking—and found much more than we expected. On the pages that follow, you'll see the fabulous Temple of Heaven, marvel at throngs doing T'ai Ch'i on a riverbank at dawn. You'll discover a taste for onion cakes or spun-sugar apples, wonder at scaffolding made of bamboo, and perhaps pick up a few new ideas about exercise and nutrition. You'll step into a history that reaches back thousands of years, through a tradition of creativity that has produced inventions we Americans take for granted (like spaghetti, gunpowder, and even, some experts say, human flight). You'll catch glimpses of China life as the Chinese live it, and see the wonderful lacquer and rugs and porcelains and embroideries and museum reproductions they make—all for you to buy in China and at stores across America. So come to China with us—and see what we brought home.

Photographs taken especially for House & Garden on location in China by Elliott Erwitt.

The greatness of

T'an Yu—"to seek the mysterious"—is written over a garden doorway in Shanghai. The world of China is full of signs, colors, and symbols, communicating centuries of tradition and folklore. In the Forbidden City in Peking, for instance, (the imperial city where all were forbidden entry except those attached to the court), the palace roofs are made of yellow tiles, a color used only by the emperors. Here on the roof of the Hall of Supreme Harmony, *right,* where the most important ceremonies were held, a file of figures represent the ancient tyrant Prince Min, riding a hen (at the far right), guarded by phoenixes, lions, unicorns, celestial horses, and a horned dragon.
Yellow symbolizes not only the emperor, but also the moon and the hare. Red is for the sun and for the phoenix, symbolizing the empress. Birds, animals, flowers, and fruits all symbolize the great themes of Chinese life—the crane for longevity; lotus, emblem of purity; the pomegranate, denoting a family's hope for offspring. This wordless language is perfected in Chinese calligraphy, pictures of whole thoughts put on paper. These silent messages, expressing the eternal balance of man and nature, make China come to life and turn an exploration of the country into a visual adventure.



Symbolic figures on the roof of the Hall of Supreme Harmony in the Forbidden City, Peking.

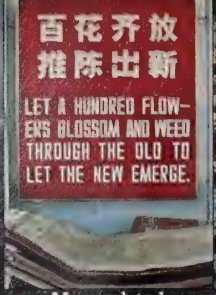
a civilization

expressed in color, symbols,
traditional design—a visible language
for us all to experience

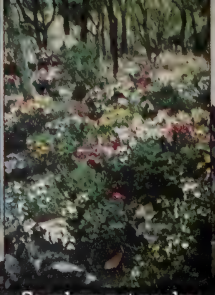



Rive., Shanghai


Peking, old and new



Mao updated


Soochow pot garden


T'ai Ch'i at dawn


Ming tomb gold


Antiques warehouse


Dragon wall, Shanghai


Old forms on glass


Silk embroidery


Bamboo and lacquer


Tien An Men S


Covered tea cup


Peony on porcelain


Han dynasty design


Soochow landscape


Everyday straw


Longevity Hill


Modern celadon

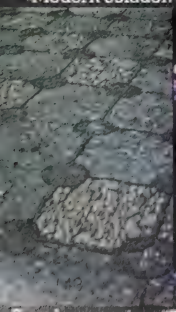

Mandarin oranges


Baskets and bamboo


Cinnabar carving


Bamboo tile


Wave border


Soochow paving


"The Magic Lotus Lantern"

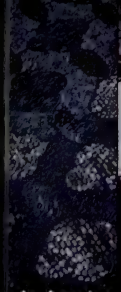

Making dim sum


Famille verte style


Garden door


Fretted doors

BRINGING CHINA HOME A visual experience


s-leaf paving


For scrolls, treasures


Yak and goat-hair rug


Beautiful vistas


Forbidden-City gold


Guardian egret


Natural silks


Jade carving


The Echoing Stones


Embellished ceiling


Calligraphy


Peking dance

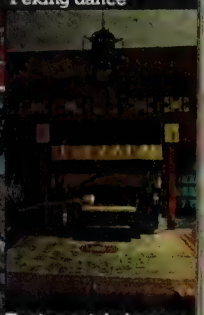

nlaid lacquer


Museum shop


Vegetable market


View of the Bund


Canton Fair


For imperial pleasure



wroom poster


Late Ming design


In the Forbidden City


Empress's garden


Silk rug, Tile Pagoda

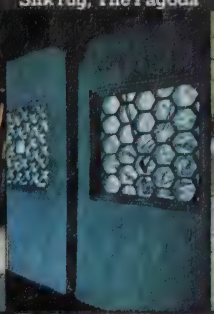

Temple of Heaven



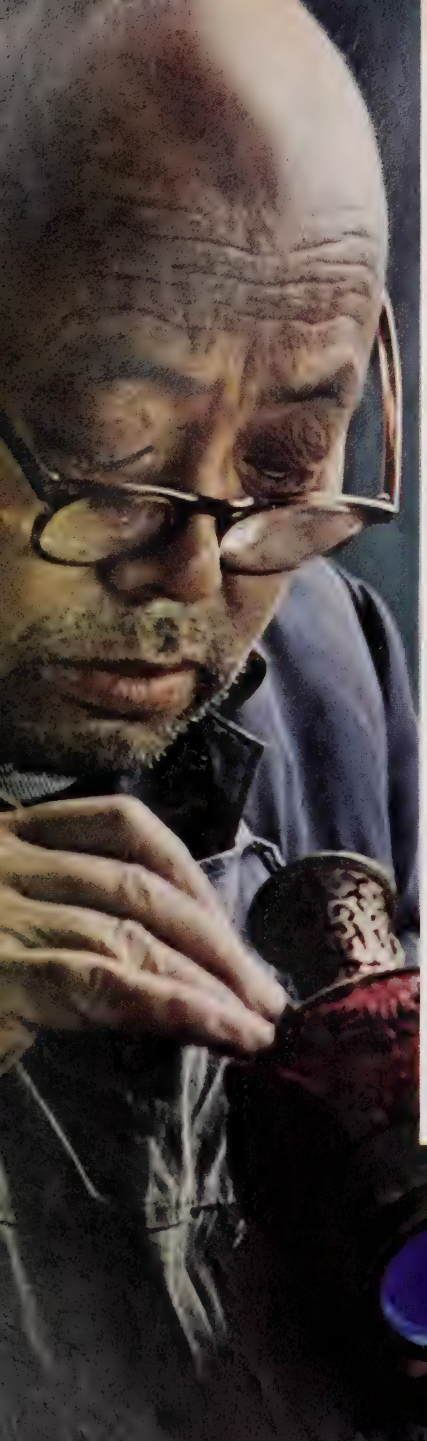












Today, all over China, master craftsmen hand down their skills to students in an unbroken tradition of apprenticeship that began even before the Ming emperors started organizing workshops in 1368. In Peking, *left,* an old master carves a lacquer vase in the shade of red called cinnabar. This ancient craft requires layers of lacquer—as many as 100 for a fine piece—built up on a bronze (here) or wood base for its intricate carving.
Right: An apprentice carver in a Shanghai furniture workshop, this young woman is working on a decorative panel for a traditional blackwood table.
Opposite page, right: Carpet weavers work in both silk and wool to make rugs based on traditional Chinese patterns or designs inspired by European carpets, which they call "Esthetic" patterns.
Far right: At the Arts and Crafts Institute in Shanghai where students learn crafts from the masters, a calligrapher demonstrates another characteristic Chinese art.

***Left to right:* lacquer carving, furniture making, carpet weaving, calligraphy.**

A tradition of great craftsmanship comes alive in the carvers, weavers, and potters of today

A love of crafts



Centuries of tradition still influence today's works of art in China, as their ceramics, jade, furniture, and lacquerwork demonstrate. The green glazed pottery jar, *right,* modeled on the form of a wine skin, is in the style of the Liao dynasty (10th century), and comes from the museum reproduction shop in Liu-li Chang, the old shopping street in Peking. Designs from many different periods are also reproduced in porcelain, which was invented by the Chinese in the 7th or 8th century. Jade, which they first used in the neolithic age, has remained one of China's favorite stones for carving into the most beautiful objects. Jade is believed to have magical powers, symbolizing nobility, purity, and good health. Today, only objects less than 150 years old may be exported from China. Travelers may buy them in China or you can find them here in stores across the country. For more details and a list of stores, see Shopping Information. The beauty of these treasures, and the symbolism that still attaches to them, make them romantic additions to American rooms.

***Right:* Glazed pottery reproduction wine vessel with the unopened Ming Tomb of Ching Ling in the background.**

reasury of design

Wonderful antiques and fine reproductions of porcelains, earthenware, furniture, and jade, all ready to buy now



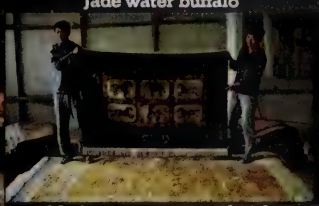
Jade water buffalo



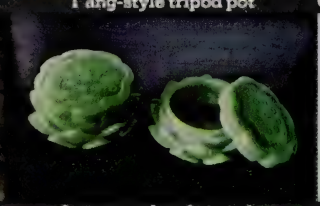
T'ang-style tripod pot



Cachepots, stylized characters



Modern rug, antique finish



Lotus seed pods in jade



Han horse, freely adapted



Buddha's-hand-citrus teapot



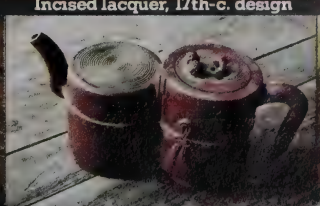
Incised lacquer, 17th-c. design



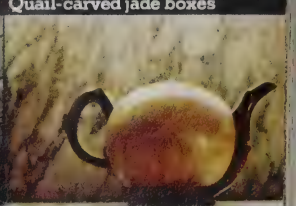
Quail-carved jade boxes



Han-inspired folk ceramic



Yi-hsing high-fired stoneware



Yi-hsing peach-form teapot.







Triumph of

The chrysanthemum was first grown in China for its medicinal qualities—it was believed to contain the power to prolong life, and was brewed as a health drink. By the 12th century, the Chinese were grafting chrysanthemums and crossing them to make more varieties, and by the 18th century, 300 different kinds were recognized. Today, there are some 3,000 named cultivars in the U.S. The chrysanthemum has long been a favorite in Chinese gardens for its late and vigorous blooming, and for its ability to flourish in pots. The Chinese use pots of them everywhere—to surround a magnolia tree, *right,* as in the garden walk to the Tiger Hill Pagoda in Soochow; on stairways; tucked into rocks; to add color in a courtyard; to decorate a table; to take as a gift to friends. Shen Fu, author of an 18th-century Chinese memoir, wrote that it was more valuable to have a pot of chrysanthemums on the table than meat for dinner! Other flowers and plants in Chinese gardens are chosen for their color and perfume—peony, lotus, wisteria, plum, laurel, begonia, and jasmine being the most common. Bamboo, maple, and magnolia are also favorites. Underlying their beauty is the belief in the fellowship of man and nature—a message equally at home in the gardens of America.

Potted chrysanthemums and salvia flourish under a magnolia tree along a Soochow garden walk.

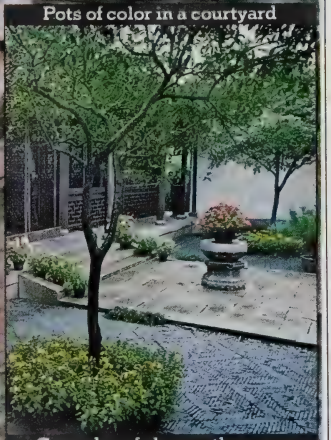
the flowerpot



Chrysanthemums, symbol of longevity, for long-lasting color in potted gardens that change with the seasons

Gardens of movable

How a thousand flowe
in a thousand pots
create some of the mo
beautiful, versatile
gardens on earth



Pots of color in a courtyard



Cascades of chrysanthemums

The gardens on these pages are in Soochow, (which means "plentiful water"), a beautiful old city about 52 miles west of Shanghai. Soochow, famous for its silk weaving, was a center of culture and scholarship in the Ming and Ch'ing dynasties (14th-19th centuries), and Soochow women are said to have the most beautiful complexions in all China. The hillside of potted chrysanthemums, *opposite page,* is in the Humble Administrator's Garden, one of the many gardens open to visitors. The courtyard, *left,* decorated with pots, is in the Liu (Lingering) Garden. The cascades, *above and lower left,* displayed on the walk to the Tiger Hill Pagoda, are trained on frames for a luxurious and graceful effect. For more on training chrysanthemums on frames, see Gardener's Notes.

Above: **Winter-flowering chrysanthemums nestle in a stone wall on the walk to the Tiger Hill Pagoda, Soochow.** ***Opposite Page:*** **A hillside of chrysanthemums in pots in the Humble Administrator's Garden, Soochow.**


color



Pavilion of Incense

Doors in Forbidden City

Ch'in

Reg

The glowing color so prized in Chinese furniture and carpets reflects the ancient symbol of Yang, red, the male element in the universe, full of light, heat, and energy. This symbol, dating from 206 B.C., lights up every aspect of China, from the cinnabar lacquer boxes laid in front of the Pavilion of Incense at the Summer Palace, Peking, *opposite page,* to the curled window ornamentation in the Northern Garden restaurant, Canton, *below.* Many of the things you see here and on the following 4 pages are typical of the antiques and reproductions you can buy in stores across America. For where to buy, see Shopping Information.

Opposite page: **New red lacquer and cloisonné screen, lacquer and painted seats, chests, and tables. Photographed in Peking.** ***Left:*** **Rich gold and red lotus design on a pillar in the Temple of Heaven, Peking.**

symbol of light

The Han dynasty's good-luck color in architectural design plus rugs and lacquer furniture you can buy



Painted window frame



Rug of symbols



Traditional chest

America's link with blue-and-white porcelain dates back to Colonial days, when China traders brought back Chinese Export artifacts to the delight of our ancestors. The first blue-and-white porcelain appeared in China about the middle of the 13th century. Later in the Ming dynasty, the kilns at Ching-te Chen began to produce the very best examples. Today, that famous center is being revived. The new era blue-and-white includes embroidery, rugs, fabrics, as well as porcelain. The 18-inch bowl held by a young woman in Peking, and the jardinière, *below,* the rug and the white-on-white embroidered table linens are all examples of present-day craftsmanship. The rest of the porcelains here are antiques from the warehouses in Peking and Shanghai.

***Right:* Wool rug in traditional Peking design. *Opposite page:* 19th- century vases decorated with dragons, clouds, and fire.**

Blue & white—



Antique porcelain on a hand-embroidered cloth



Ch'ing dynasty jars



Modern Cantonware



Foo li

colors o

The famous colors of the Yüan dynasty in porcelains, rugs, and table linens to enrich your rooms now



ng porcelains Carp, symbol of ambition

East & West

Land of the Silk People." That's what the Greeks and Romans called China. For centuries, the Chinese have made and embroidered silk. In the bedroom of the last Empress Dowager, *opposite page,* dazzling silk hangings surround the bed, where the empress slept in silk pajamas, her head resting on a silken pillow filled with rose petals or tea leaves. Her embroidered coverlets were filled with down. Those coverlets have inspired new embroideries for today's bedrooms—*right,* silk blanket covers, and *below, left,* American no-iron sheets that have been hand-embroidered in China.

Right: **Embroidered blanket covers available in the Friendship Store, Peking.** *Opposite page:* **The Empress Dowager's bedroom in the Forbidden City, Peking.**



Embroidered sheets



In the empress's suite



Ivory beauty boxes



An imperial throne

Peony for honor, butterfly for joy,
and other designs beautifully stitched
imperial decoration—and rooms of tod

Embroidery,



poetry in silk

A China Journal

Notes and impressions of what we saw, heard, and felt during our two-week visit to one of the most talked-about countries on earth—a special House & Garden report

The image of China that lingers most in our minds is of the people—in the streets, on bicycles, in the shops, in the museums, in the gardens. Their faces are like calligraphy—particularly the very young and the very old—full of stories and history.



Chinese children, adorable in colorful clothes, give enjoyment to everyone.

Four of us went to China—Mary Jane Pool, editor-in-chief, Caroline Seebohm, senior writer, Elliott Erwitt, photographer, and our retail consultant, Ferris Megarity, director of import merchandising for B. Altman & Co. We were invited by the China National Arts and Crafts Import & Export Corporation to visit Canton, Shanghai, and Peking, to see and photograph the things the Chinese are making for the house, that we can enjoy here in America.

ON THE CANTON TRAIN

We started our journey by train from Hong Kong to Canton, through the beautiful landscape of south China—misty gray mountains, rice fields, farmers in straw hats, water buffaloes, just like all the Chinese scroll paintings we had ever seen. Eighty percent of the Chinese live in the countryside, but Canton and the other cities we visited seemed jammed to overflowing—streets crowded, buses packed—giving us some idea of the vastness of the population (reportedly 900 million). The Chinese birth rate, finally, is declining. Most young people in China do not think of getting married until about 28, and plan on one or two children.

THE EMERGENCE OF FASHION

The children they have, they adore. One of the things we most loved in China was the sight of Chinese families on their day off, the children dressed in richly colored, fur-lined brocade cloaks and bonnets, the parents more soberly attired in the gray or blue suits urged on them as an egalitarian measure after Liberation. During our visit, however, we saw young women wearing brightly



Chinese baked foods in street shops.

colored scarves, and jackets patterned in tiny prints—a mini-fashion—and we saw colorful pleated skirts and red shoes on display in Peking stores. But when we asked one of our female interpreters about these new fashions, she said, "Taking an interest in clothes distracts us from our work. As long as my clothes are clean and comfortable, that's good enough for me."

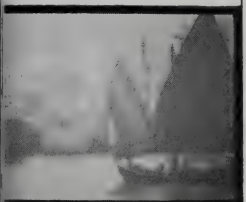
THE CRAFTS FAIR

In Canton, we joined Judith Lubman, of Lubman & Company, San Francisco, a specialist in China trade who for the last 6 years has been representing American homefurnishings buyers in China, and who arranged for our invitation. We stayed at the Tung Fang Hotel in Canton, visiting the Export Commodities Fa a twice-yearly event tha attracts thousands of foreign buyers. There we saw examples of many of the arts and crafts we were to photograph later in our journey.

SHANGHAI ANTIQUE

From the warm climate of Canton, we flew north to the more temperate climate of Shanghai, where our hosts were Mr. Chang Kun-hua, Mr. Li Chun-yuan, and Mrs. Chang Pao-chin, of the Shanghai branch of the China National Arts an Crafts Import & Export Corporation. We staye at the Peace Hotel (formerly the Cathay), splendid Art Deco palace almost unchanged since the 30s, with large suites overlooking the Whangpoo River, and an excellent dining room. For five days, Mr Chang, Mr. Li, and Mrs. Chang gave us generously of their time showing us workshops and craft schools, and perhaps most exciting c all, the Shanghai antiques warehouse (normally accessible onl to major foreign companies), full to over flowing with porcelain, jade, and other treasures dating from the early 19th century. (Nothing over 150 years old may be exported from China.) Every morning we went off on a new exploration, and during this time we began to learn something of the people's lives.

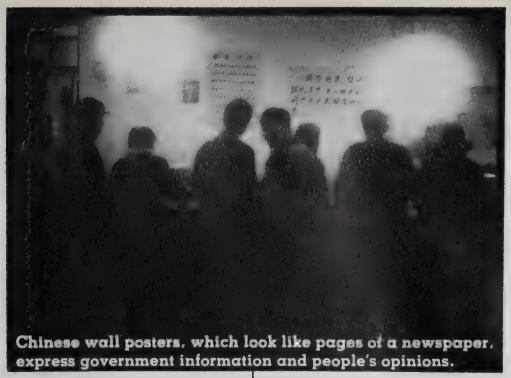
IOW WORKING
MOTHERS COPE
The Chinese work-week
s six days, with
ew vacations except for
ational holidays. As an
xample of the average
vage, we learned that a
arpet weaver in
Shanghai earns $40 a
nonth plus a $9 bonus.
(Housing for typical fac-
ory workers is $2 to $3
month.) Women make
up a large percentage
of the work force, and
hey handle child care
vith a common-sense
approach. Many families
hare their homes with
grandparents, who look
after the children while
he parents are at work.
f mothers are nursing
heir babies, or have no
one at home, most fac-
ories provide nurseries
n the building where
babies may be left and
ed during the day. At 2



l meets new on Whangpoo River, Shanghai.

ears old, Chinese
children often go to
kindergarten as weekly
boarders, coming home
at weekends, leaving
parents free to work.

T'AI CH'I BY THE
WHANGPOO
n Shanghai, we got our
irst real feeling for
Chinese daily life. Early



Chinese wall posters, which look like pages of a newspaper, express government information and people's opinions.

in the morning we watched hundreds of people doing T'ai Ch'i by the Whangpoo River as the sun came up. We visited a vegetable market and saw street-stall bakers making delicious fried onion cakes (a Shanghai specialty) and fried crullers, a hot breakfast for the Chinese vegetable-sellers and shoppers. Later, we walked through the shopping streets trying not to get run over by the endless groups of bicyclists, calling out to each other and ringing their bells, while the few buses, trucks, and taxis hooted determinedly in an attempt to make a path through the crowds.

SOOCHOW:
CHINA'S VENICE
One morning we took an early train to Soochow, city of gardens. The train was decorated with velvet curtains, white slip-covers and tablecloths, with a potted plant on each table, and an attendant to bring tea. We loved Soochow for its long, narrow streets lined with plane trees and small, whitewashed houses. Called the Venice of China, the whole city is on a human scale. It is a place loved by poets and scholars through the centuries. Some Soochow gardens are still in private hands. For more on Soochow gardens, see page 156.

MING TOMBS,
MANDARIN ORANGES
Sad to leave Shanghai, a bustling city that is recognized as the cultural and intellectual center of China, we flew on to Peking, our final destination. Our hotel was the Chien Men, in the throes of modernization. Our host for the Arts and Crafts Corporation in the capital was Mr. Yu En-ho. We were also received by Mr. Kao Feng, of the China National Light Industrial Products Corporation (building materials, glassware, manufactured products), and Mr. Chia Kun-yen, of the China National Native Produce & Animal By-Products Corporation (carpets and rugs). Our guide for the week was Mr. Wang Ching-chih, a tall young man who dealt with our requests with patience. Not many of his previous guests had insisted on taking blue-and-white porcelain to photograph inside the Forbidden City, nor traipsed up and down Liu-li Chang, the old shopping street, looking for a suitable location to photograph a bowl of mandarin oranges! Nor had most visitors asked to see an *un*opened Ming tomb, instead of the two open to the public. (There are 11 Ming tombs still to be opened. We saw the Ching Ling tomb, situated in a commune, beautiful for its peacefulness and untouristy atmosphere.)



In Peking, tassels of an earlier age dangle from a modern street light.

Peking is the center of government. The old walls of the city have been pulled down as a symbolic gesture of liberation, and now the entrance to the Forbidden City faces the enormous expanse (98 acres) of Tien An Men Square.

THE ORIGINAL
PEKING DUCK
Life in Peking, we found, is more strictly organized than in Shanghai. We were up early, and we dined early, between 6 and 6:30 P.M. every evening.

Continued on page 221

icycle parking lots, with attendants and tickets, line the street.







A mood of vitality

China's fascinating and practical approach to exercise, nutrition, preventive medicine, and good healt



Chinese medicine stresses preventive rather than curative health. Life expectancy in China has risen dramatically, from about 45 years in 1950 to 70 in 1978. "One of the most important reasons is our program of exercise," says Dr. Hsu Chia Yü, vice-chairman of the department of internal medicine, Jui Chin Hospital, Shanghai. Factory and office workers take a break during the day to do exercises broadcast over the radio. A popular traditional exercise is T'ai Ch'i, *left,* which, Dr. Hsu says, is particularly good for older people. "It calms you and improves your whole body. For instance, it is good for people with hypertension or minor stomach trouble. We use it in hospitals, too, for those with chronic diseases. It brings patients together." For some T'ai Ch'i exercises you can do at home, see page 40.



Dr. Hsu Chia Yü

Herbs for health

Traditional Chinese herb medicines, *right,* prescribed to correct a person's internal balance, are based on a mixture of positive "tonic" herbs and negative "inhibiting" herbs (Yin and Yang tonics). The most famous Chinese herb is ginseng, a root of many qualities and powers, said to help rheumatism, nerve pains, arthritis, and to promote long life. Chinese shops and other herb stores in the U.S. carry ginseng.

Above: "Tonic" and "inhibiting" herbs attractively wrapped.



Poster from China's anti-smoking campaign

Food for fuel

Chinese energy comes, in part, from a diet based on fresh vegetables. Rice is the basic carbohydrate in the south of China, noodles in the north. Bean curd is an important source of protein for the Chinese. A glass of bean curd milk in the morning, *opposite page, left,* accompanied by a hot cruller, makes a nourishing, low-cost breakfast.

Below: A herbalist weighs recipes in a Peking pharmacy





Spun apples

You can enjoy the famou Chinese spun-sugared apples in Peking's restau rants, buy them on a stic in Peking's streets, *right* or make them at home. I one of the 40 chefs at the Chien Men Hotel, Pekin shows how he makes the Our recipe is a tradition one from Florence Lin, who teaches cooking classes at the China In stitute in New York:

Ingredients:

3/4 cup flour; 1 egg ligh beaten with 1/2 cup colc water; 3 medium firm apples; 2 cups peanut o corn oil; 1 cup sugar; 1/ cup water; 1 tablespoon black sesame seeds.

Method:

Place flour in a mixing bowl, then gradually ad the egg and water mixtu Stir or beat until a smoo batter forms. Peel the apples. Cut into 1-inch wedges, removing the cores. Put them in the ba ter. *(Continued on page*



Batter-coated apple wedges frying in hot oil.

Removing ring to increase heat under wok for syrup.

Caramelizing apples in hot syrup



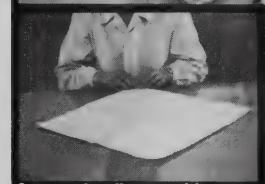


Peking apples, fast-food for health, and the art of traditional table setting

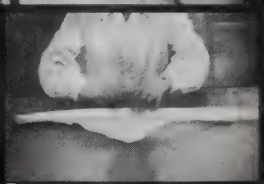
Table pleasures

In China the look of a table at the start of a meal and the way the food is presented have great eye appeal. This table at the Pei Hai Park restaurant, Peking, *right,* is ready for a banquet with various cold hors d'oeuvres. Although banquets may consist of 9 or more courses (20 different dishes), you only take a small bite of each dish, showing respect for the delicacy of the food and your own good health. Chopsticks encourage you to take bite-sized helpings. Napkin-folding is another example of the way the Chinese turn practical things into objects of beauty. Here, *right and below,* a young expert in the dining room of the Chien Men Hotel, Peking, shows how to fold the "two orchid" design, one of 12 examples shown.

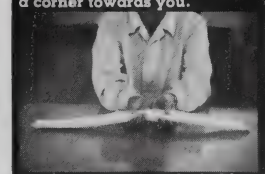




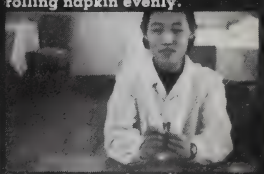
Lay napkin flat on table, a corner towards you.



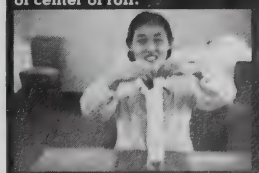
From corner, start rolling napkin evenly.



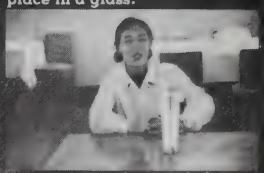
With both hands, take hold of center of roll.



Lift up both ends and place in a glass.



Unwrap the tops of the rolled napkin.



The napkin ends uncurled in the "double orchid" design.



A respect for food

Fast food, Chinese style

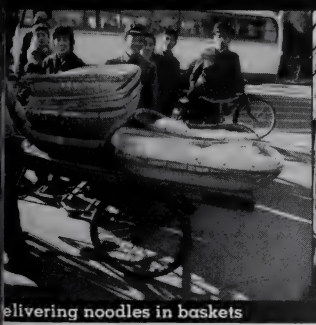
McDonald's in Peking? Not quite, but the Chinese version might provide a few ideas about fast food that Americans could learn from. In the vegetable markets, the Chinese can buy a complete meal on a plate, *opposite page,* ready to take home and cook. A plate of liver and tomatoes costs about 27 cents. Other plates include eggs, rice balls, pickled vegetables, bean curd, mushrooms, lettuce, potato. The government is encouraging this new style of shopping, so that the people will get a more balanced diet, with a higher fat and protein content. Some foods in China are rationed, such as cooking oil, sugar, grains. Vegetables are their staple and are eaten in season. In November, the Shanghai market offered a good variety—peppers, tomatoes, ginger root, carrots, onions, giant radishes, bean curd, and vats of pickled vegetables that will keep indefinitely.

Chinese straws and grasses have for years contributed to the natural look so popular in American rooms. In China, they are used for daily living, such as shopping baskets, brooms, steamers, graters, and scoops, *right.* All these household objects are sold in hardware stores in China (these are from Tung Tan Street in Peking) and many are available in Chinese shops across America. Bamboo is greatly respected all over China—the Chinese cook with it, market with it, carry things with it, build with it, even eat it—and the grace and beauty of bamboo have inspired Chinese artists for centuries. This is the lesson we can learn from the Chinese—that the plentiful, practical everyday things of life are objects of beauty.

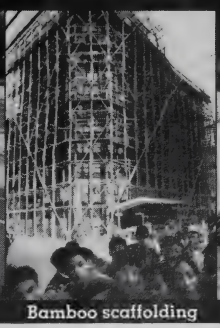


Shanghai furniture sto





elivering noodles in baskets



Bamboo scaffolding



Bamboo carrying pole



Rustic bamboo chairs

A lesson in bamboo

Things of beauty created for everyday, in reeds, rushes, straws, and the versatile, edible, princely grass bamboo

The splendo

Ancient buildings rich in color, pattern, and symbolism—inspiration for designers everywhere

richly colored decoration is shown most spectacularly in their traditional buildings. The Temple of Heaven in Peking, *right,* dating from 1420, is one of the most perfect examples. Built entirely of wood, it is a monument to the harmony between sky and earth. The exterior has a triple cone-shaped roof of blue-glazed tiles, symbolizing the sky, with a gilded ball on top. The brilliantly painted interior dome is held up by four red and gold pillars, representing the four seasons. The structure contains no nails—an example of Chinese ingenuity also to be found in Chinese traditional furniture, in which no nails or glue were used. The Temple of Heaven was used exclusively by the emperors to pray for a good harvest and a prosperous year ahead. Today, open to all, "it is the finest example of traditional Chinese architecture," says Chang Kai-tsi, a chief architect at the Peking Institute of Architectural Design. Dr. Chang designed the Museum of the

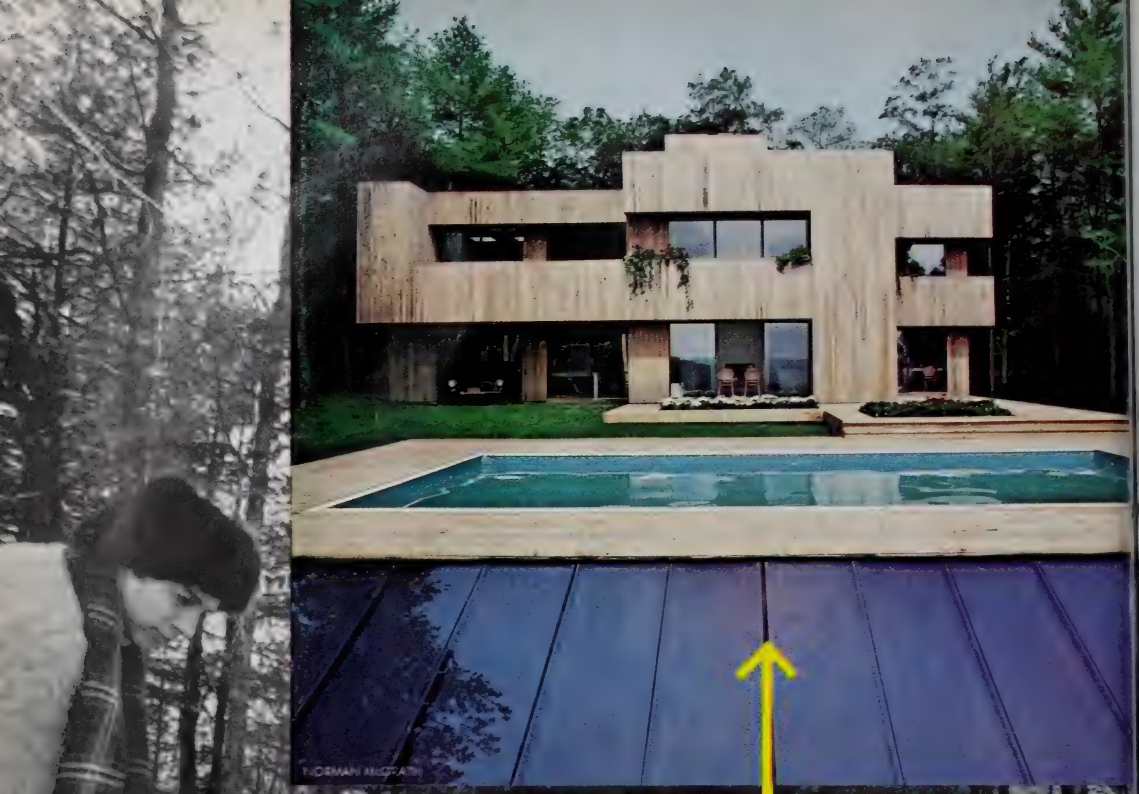


Dr. Chang Kai-tsi

(Continued on page 224)



of architecture

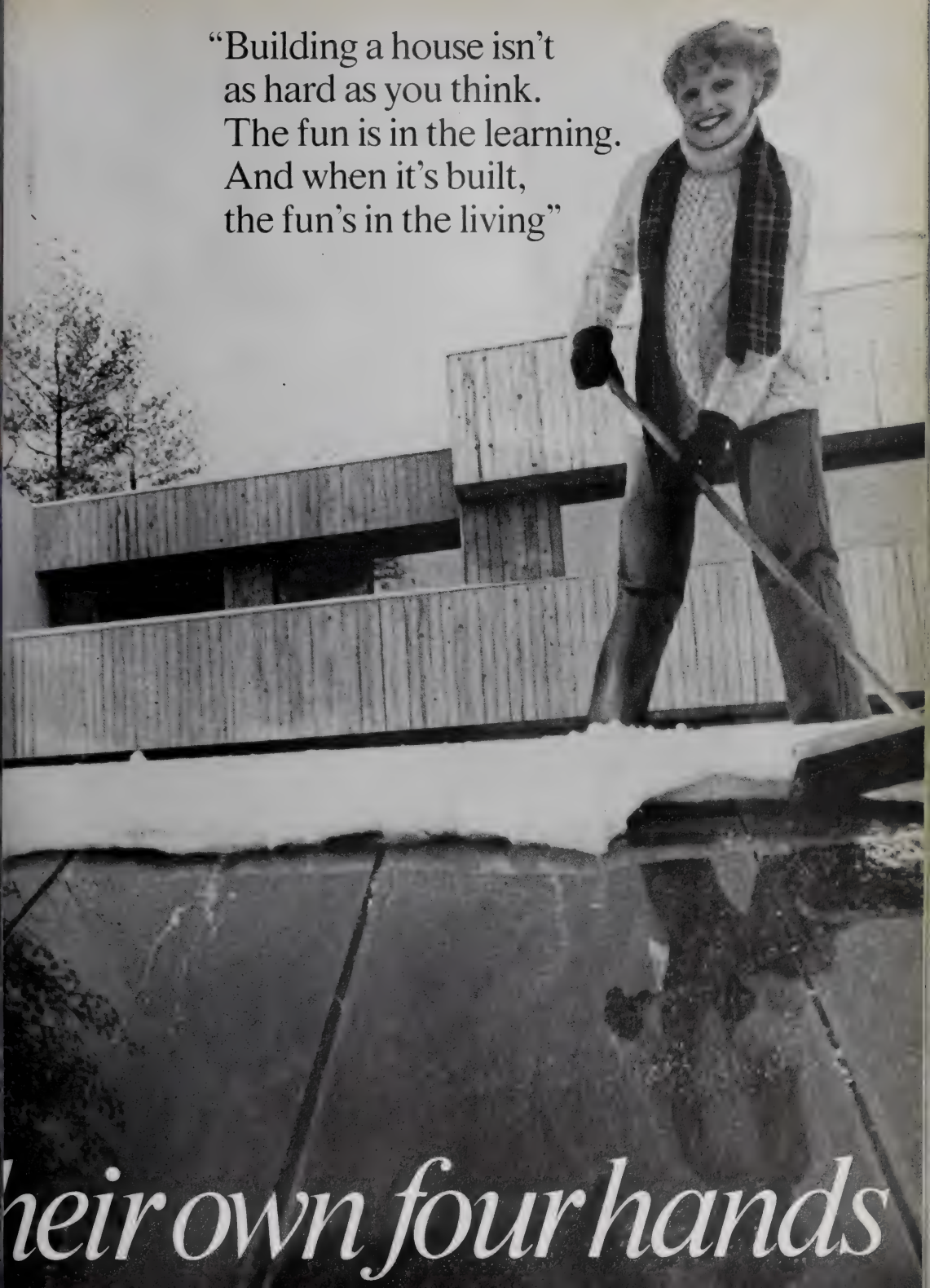


The all-sola house built b a youn couple *with*

Neither architect Sam Neustadt nor his artist wife Jana had ever done any construction work before, but working with their own four hands, they transformed their dream of a solar house into reality. It's designed in two parts—one for the living section, one for an office and studio—linked by a greenhouse. And it took them only a year to build. The trick was, Sam Neustadt explains, "to tackle it item by item, and not to be overwhelmed by the whole picture. If you can hammer a nail, you can do it." When the house finished for less than the original budget, they rewarded themselves with a swimming pool, also solar heated. A remarkable $47,000 covered it all—house, solar heating systems, pool, and furnishings—everything but the land. "What surprised me the most," Jana Neustadt says, "was how little physical strength was required."

Above: On property carved from a mountain plateau, the house faces all its windows and doors south to capitalize on the sun's warmth and enjoy the Delaware River view. The solar panels serve three heating systems—pool, domestic water, and the house itself. In the background, evidence of the solar age: In winter, the Neustadts shovel not sidewalks, but solar panels.

EDWARD CLEKSAK


"Building a house isn't
as hard as you think.
The fun is in the learning.
And when it's built,
the fun's in the living"
heir own four hands

With their own four hands

"Doing your own building can put you on a whole new scale of living you couldn't afford any other way"

The house is not only a beautiful, functional place to live and work in, but also it's economy conscious. "We have learned to think about what we really need rather than what our egos require," Sam Neustadt says. So in this house there is no wasted space—the landing above the living room was made into a library. And working with a 12-foot module, the largest size of construction material they could comfortably handle, they intentionally kept the rooms compact so there is less to heat. But because the spectacular south view was designed into all the rooms, and the spaces flow together in an open plan, the eye has distances to travel and the small rooms seem expansive. To cut costs, standard doors and windows were used throughout and all plumbing was centralized in an 8-foot area. Sam installed the plumbing, and Jana did all the electrical wiring. "Once you do it," she says, "the mystique is removed."



1 From the bedroom window you can see clear across the Delaware River to the Catskill and Pocono Mountains. Planting is integrated into the architecture, on decks and above the window overhangs. In the background, the Neustadts install one of the insulated panels that drop down from the projections outside windows.
2 Open shelves built across the kitchen window hold things the Neustadts enjoy having in sight.
3 Living room seems larger because you can see right through to dining area and up to the library above.
4 Library above living room has its own fireplace.

EDWARD OLEKSAK









NORMAN McGRATH 7

o keep the price down, rooms are small; good planning makes them look big





6

5 Jana's skylit studio is located on the second level of the "work" section of the house, above Sam's office. It has a Pirelli rubber floor for easy upkeep.
6 In the bedroom, sun shining through south and east windows on winter mornings warms the room to 70° even before the active solar system is on. Storage is organized in open shelves and in drawers built in below the windows.
7 In the two-story living room, windows double-decked above the sliding glass doors add an abundance of light and warmth—plus a 10-mile view—to the relatively small room.

With their own four hands

"Even technical things aren so mysterious once you learn how. The more you do it, the easier it gets"

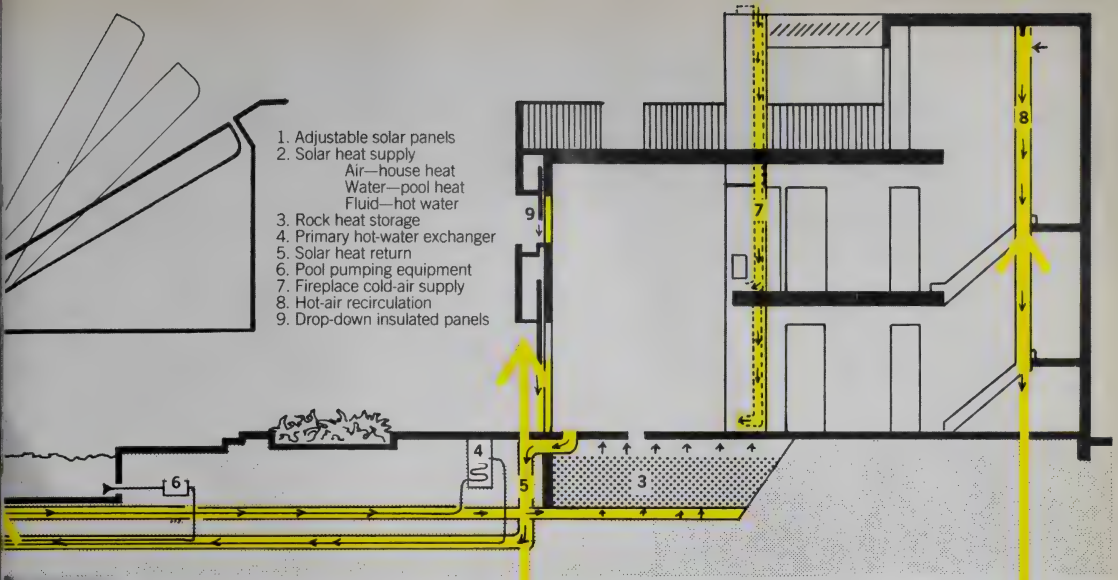
The sun heats directly...





Above and above right: Above the entry vestibule, an unheated greenhouse, warmed only by the sun, bridges the living and working areas. Originally the Neustadts had planned two separate structures, but because outside walls are expensive to build and separate buildings expensive to heat, they decided to combine the two. Direct sun heats not only the greenhouse, but also the vestibule below it. Now the Neustadts don't have to go outside to get to work.

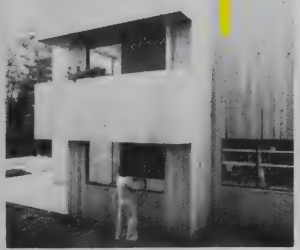
"It's time we got back to the old energy-saving ideas, now that we realize that our energy sources are not limitless," Sam Neustadt says. In this house, up-to-date technology is combined with recycled old ideas to make the house highly energy efficient. For instance, you enter the house through a vestibule that protects the house from cold north winds, as vestibules did in old farmhouses. And the house is carefully situated with all windows facing south to capture the sun's warmth. Evergreens protect the north-facing side from winter winds. Overhangs above the windows give shade from the high summer sun and contain drop-down panels that help keep heat inside on cold nights—an updated edition of shutters.



LONDON

...and by 3 well-planned systems





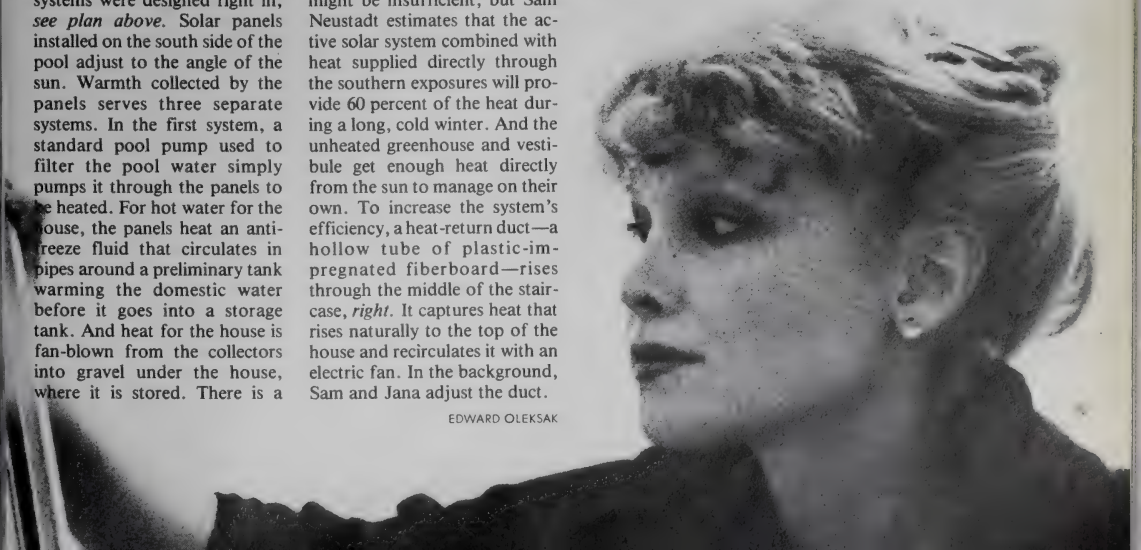
Above: Diagram shows how heat supplied by solar panels is circulated for the house, domestic water, and pool.
Far left: Solar panels on the far side of the pool are invisible from the house.
Left: Insulated panels drop down over windows to keep heat inside.
Right: Recirculating heat return duct rises through the stairwell to the house's highest point. Building facts, page 220.



NORMAN MCGRATH

To raise the energy efficiency of the house, advanced solar systems were designed right in, *see plan above*. Solar panels installed on the south side of the pool adjust to the angle of the sun. Warmth collected by the panels serves three separate systems. In the first system, a standard pool pump used to filter the pool water simply pumps it through the panels to be heated. For hot water for the house, the panels heat an antifreeze fluid that circulates in pipes around a preliminary tank warming the domestic water before it goes into a storage tank. And heat for the house is fan-blown from the collectors into gravel under the house, where it is stored. There is a back-up electrical system for times when the solar system might be insufficient, but Sam Neustadt estimates that the active solar system combined with heat supplied directly through the southern exposures will provide 60 percent of the heat during a long, cold winter. And the unheated greenhouse and vestibule get enough heat directly from the sun to manage on their own. To increase the system's efficiency, a heat-return duct—a hollow tube of plastic-impregnated fiberboard—rises through the middle of the staircase, *right*. It captures heat that rises naturally to the top of the house and recirculates it with an electric fan. In the background, Sam and Jana adjust the duct.

EDWARD OLEKSAK





EASY FIX-UPS YOUR WAY

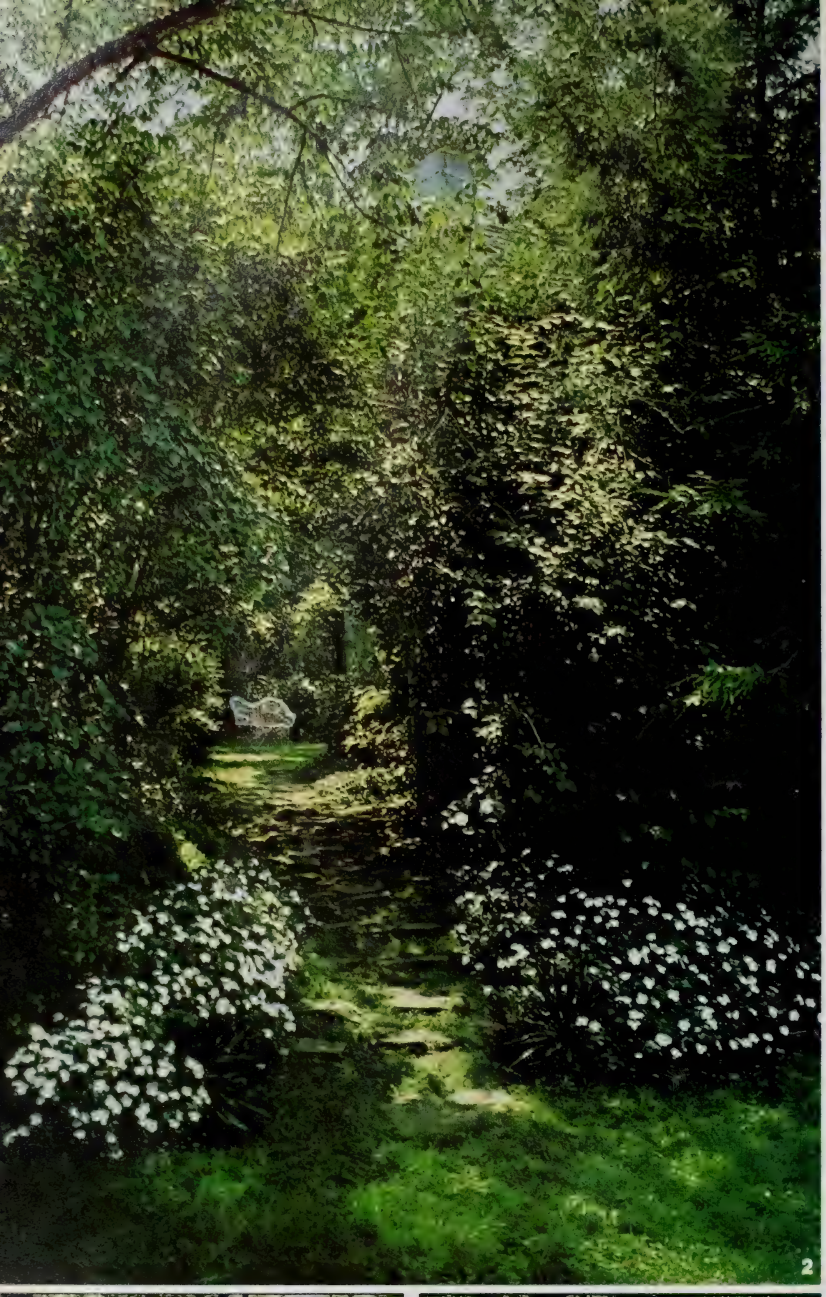
Instant decorating with fabric and paint



Here's an easy way to fix up fast, without spending a lot of money. "There was no other choice for me when I rented this charming old cottage [*above*]," says horticulturalist Renny Reynolds. "I had to have it, even though every room needed something." Mr. Reynolds has two plant shops and a party-design staff in Manhattan. He needed "a retreat from the city, something really rural," and this was perfect—a farmhouse in Pennsylvania Dutch country, near Kutztown. But the place needed work and was overgrown, and everything had to be done quickly, on a narrow budget of time and money. "Four things made a big difference, and I used a lot of them: Paint —white for every ceiling and wall; dark green for the living room floor. Painted fabrics—even the living room rug is just a piece of painted canvas." (See more about it, next page.) "A lot of mildew spray —X-14. And furniture polish —Old English—to smooth out scratches in floors and furniture." Mr. Reynolds adds, smiling: "And beer—for all the friends who came to help out." From Memorial Day to Fourth of July, the fun was in the fixing up. After that, the fun was loafing and feeling like a country squire.

Left: *Paint and painted fabric transformed a rented farmhouse parlor.*

WILLIAM P. STEELE





EASY FIX-UPS, YOUR WAY

Four-step shape-up f the garden

"A garden is important whether rent or buy, and there are many w to spruce up a garden quickly," s Renny Reynolds, *above*. He has signed city and country gardens other people but had to pep up his c in a few weekends, mostly with r sery-flat flowers ("no time for seed and judicious—and owner-approve pruning. "Four things also made a difference in fixing up outdoors," says. "Peat moss—vast amounts change packed earth into flower be White flowers—impatiens, feverf petunias, nicotiana—that you can and enjoy even at night. An axe to cl out vistas. And a fishing-line weed c ter for slopes and other tricky spo He also tackled some jobs he wo now advise other renters not to: try to rip out poison ivy ("just avoid i and setting out clematis and butte bush ("I couldn't resist them"), be ties that need a second summer to come well established.

1 *Renny Reynolds with dog, Disn and plants bought at Saturday m farmer's market.* **2** *White impati thrives under lilacs, marking sh path that leads to the front porch. Vista to lake from apple tree n house, opened by thinning bushes alo shore. New pump on lake bott sprays a cooling jet, "an extravagan a mini-Versailles, but it can be stor for another summer or another hou and it's terrific for ducks and for c friends, who'll garden knowing the swim later."* **4** *Rock wall near dri brightened with zinnias, peppers, orn mental kale, and cabbage.*

WILLIAM P. STEELE









Patterns on fabric you paint yourself

Mr. Reynolds wanted flower gardens indoors, too—"but only those that would flourish without water or soil." So he asked textile designer Stephen Montgomery to paint fabric gardens that ramble over a slipcovered chair, sofa pillows, and rug. For the cotton slipcover, which has a repeat pattern, Mr. Montgomery made a stencil. For the canvas rug, he painted the design freehand, then traced it through thin muslin to make the sofa pillows. The colors are mostly dyes although sometimes Mr. Montgomery uses acrylics. "Dyes work best on natural fibers, but pigment paints are better absorbed by man-made or blended fabrics." For more about painting fabrics, see page 122. Shopping information, page 218.





1 *Stephen Montgomery painting fabric with textile dyes.* **2** *A stenciled slipcover of Indian cotton turned a rattan porch chair into a parlor armchair. Unseamed cotton canvas, 48 inches wide, became a handsome flower-painted rug against the dark green deck paint of the floor.* **3** *Upstairs bedroom combines owner's furniture with renter's local discoveries, including a quilt and contemporary weathervanes by Lancaster County artist Ivan Barnett.* **4** *Kitchen cupboard shows off Renny Reynolds's American majolica. The table and window sill are fragrant with fresh peach pies for Sunday supper.*











EASY FIX-UPS, YOUR WAY

Do-it-yourself sewing room in reclaimed space

Helena Meshekoff loves to sew. Her husband Michael, producer of the TV *Dragnet* series, is now a sculptor and a carpenter of exceptional skill. When she, frustrated by lack of sewing space, fervently wished for "a sewing table with a drawer," he surprised her with the handsome 17-drawer kneehole table at left. Its top is laminate under the folding cutting board, and each drawer has its own assignment (see page 122). Inspired by his success with the table, Mr. Meshekoff enclosed the patio leading to the garage with glass (wide windows slide open, bringing the garden in), and paved it with easy-to-keep vinyl tiles, transforming it into the sunny room here. Now there's plenty of space, and everything—fabrics, equipment, even a laundry wall—is close at hand. You can make the toile-lined hanging pine spool box yourself (see page 126). The room's owner finds it a hard room to leave: "I come in from shopping, and invariably something catches my eye. When I look up, it's several hours later."



1 *Sewing room presided over by an all-purpose cutting table. Behind tailor's form, closet for fabric storage. Window rack holds small patterns.* **2** *Helena Meshekoff at her perfect-height cutting table.* **3** *Sunny sewing corner with a view of the sea. Behind chair: Convenient retractable rod holds sewn garment pieces.* **4** *Pine spool box.* **5** *Open drawers of cutting table reveal meticulous organization of threads and bindings. Tiny basket holds personal necessities: lipstick, comb, mirror.*







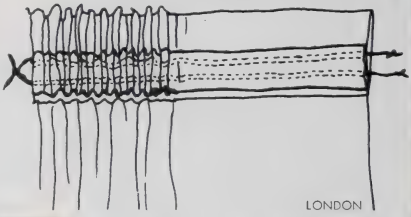
1 *The new bath, finished with sisal and yards of shirred fabric. A jut in the wall over the toilet and tub is now topped with a ledge. On it, a basket of fragrant soaps and a favorite framed print. Plants thrive in the bathroom steam.* **2** *Sally Howe in the dressing area, relaxing after an exercise session on her slant board.* **3** *The bathroom, before its makeover.* **4** *In the dressing area, side-by-side closet doors were removed, freeing floor space. In their place, lengths of shirred fabric caught to each side by hooks. Unhooked, they make closets disappear behind curtained walls.* **5** *Bath and dressing room, softly lit and very inviting. Mirrors hung face to face above sink and tub expand the space. At the dressing table, a black lacquered chair with mother-of-pearl inlay, shirred cushion.*

Shirred walls made easy, left: Nail quarter-inch lath an inch below ceiling. Cut fabric triple the wall width and 4 inches longer. Make a 2-inch hem, top and bottom. Sew 1-inch shirring tape to the back of your fabric, 1 inch below the top edge, creating a 1-inch heading. To gather, pull shirring tape cords until fabric reaches desired width. Even out gathers by hand. Staple fabric to lath, hiding staples vertically between the gathers. Dressing table skirt is shirred the same way, but fastened to the table with Velcro—one side tacked to the lip of the table, the other side sewn to the shirred skirt by hand. From designer Luis Perez.

EASY FIX-UPS YOUR WAY

Bath update—no-fuss glamour

One simple idea—to cover everything with soft-colored cotton and sisal—turned a vintage bath and dressing room into an inviting place to be. Plywood was used to box in plumbing, cover the side of the tub, and even out half-tiled walls. Then a grilled valance was built to conceal



LONDON

bulbs and filter their light above window and sink. When beige sisal matting was stretched over plywood, ceiling, and floor, a new serene look took hold, and spread to the dressing room. Here, walls got a soft touch: shirred gray printed cotton to replace closet doors, cover wallpaper, and surround marble-topped counters. The dressing table is an unfinished desk with mirror top, ruby skirt, silver candlestick lamps. The bright yellow awning gives sunny perspective to a dead-end window, now alive with plants. "This is my private cocoon," says owner Sally Howe of MAC II, the design team that transformed the bath. Ratti cotton. Wamsutta towels. Shopping information, page 218.

KAREN RADKAI







ORCHID-GROWING RULES

LIGHT—600 to 800 foot candles, 14 hours daily.

WATER—thoroughly, until it comes out of bottom of pot; approximately once a week.

HUMIDITY—constant 60 percent.

AIR CIRCULATION—constant.

FOOD—every two weeks, cow manure or fish emulsion.

REPOT—every two years.

EDWARD OLEKSAK



1 In what used to be a Murphy bed, a world of orchids where something is always flowering—right now, waxy paphiopedilums (lady's-slippers) and delicate yellow oncidiums (dancing ladies). **2** *Closet, doors partially closed, with surrounding cupboards for storage. Desk,* right, *holds catalogues, notebooks with buying, blooming, repotting information.* **3** *Lower corner of closet, with humidifier, fan, thermometer, and screen frame for miniature oncidiums mounted on cork slabs.* **4** *David Madison misting with ¼ strength fertilizer.*

ORCHIDS FOR INDOORS

(small to tall)

I. *Brassavola nodosa, Broughtonia sanguinea
*Oncidium longpipes, O. puchellum, O. variegatum

II. Paphiopedilum bellatum, P. concolor, P. Fairieanum, *P. glaucophyllum, *P. x Maudiae, *P. Spicerianum, P. venustum

III. Dendrobium Phalaenopsis Laelia anceps, L. cinnabarina, L. flava
*Oncidium flexuosum, O. varicosum Phalaenopsis cornu-cervi, P. Schillerana, P. Stuartiana, P. violacea

IV. Cymbidiums (miniature varieties, 2-3 feet): C. King Arthur, C. Oriental Legend, *C. Peter Pan, C. Silvia Miller, C. Tom Thumb

*Easy for beginners

More on orchids page 138





EASY FIX-UPS, YOUR WAY

Take a closet, make a garden

Once home for a fold-up bed, this closet now bursts with bloom. It has four shelves, spaced for different-sized plants, with two warm and two cool white fluorescent tubes per shelf. Designer David Madison is an avid orchid grower, so he added a humidifier and small fans to keep air circulating. "I'm hooked on orchids because there are so many shapes, colors, sizes, and fragrances," says Mr. Madison. His are mainly warm-growers native to Asia and South America. "But any plants would thrive here—African violets, herbs, even succulents. And when plants are happy, you know the environment is healthy for you, too."

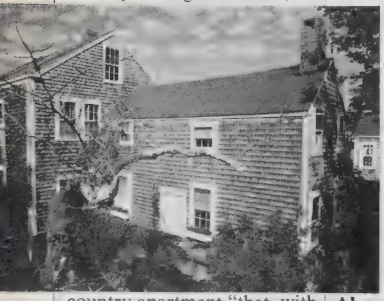




Billy Baldwin's two-room apartment full of ideas for

Small space, big style

Luxury means something different to everyone. To Billy Baldwin, a man who's made a life of creating luxury in other people's houses and apartments, it has always meant living in a house that's perfectly suited to his taste and lifestyle: a house that's simple but comfortable, spare but full of warmth. "The most luxurious thing I can think of is having a window next to the bathtub," says Mr. Baldwin, and in this house he does. It's the two-room wing of a 19th-century shingled house, a country apartment "that, with two floors and two fireplaces, feels like a house, though rooms are small." Small space, however, is no match for the man who wrote the book on small-space decorating. He simply takes his own advice: "Uncomplicate." In the living room, just 15 by 16 feet, but in no way small-feeling because of its high ceilings and four big windows (each a wonderful garden picture)—linen-white paint lightened what was once dark maroon wainscotting and an old brick chimney. Tudor beams kept their natural ruggedness and, to give them strength and the room a proper dimension, the floor was stained dark and polyurethaned until it gleamed like glass. Into this country setting, Mr. Baldwin brought a mix of furniture: some, like the sofa and the faux-bamboo coffee table, that had been in his New York apartment and some, the telephone table and the black lacquer Louis XV table by the stairs, from a summer cottage. The only acquisitions are the armchair, the Irish rug, and throw pillows, made from the lining of an Oriental coat. "If you're honest about your taste and buy only what's right for you, it will always be right, anywhere you put it."



Above: *Billy Baldwin.*
Above left: *1840s wing of an even older shingled house.*
Right: *The all-white living room with dark woodwork and floor that give dimension to the tiny space. The table beside the armchair was originally a stool until its upholstered seat was replaced by a marble slab. The deer-head on the chimney breasts is carved from wood—but the antlers on it are real.*









Small space, big style

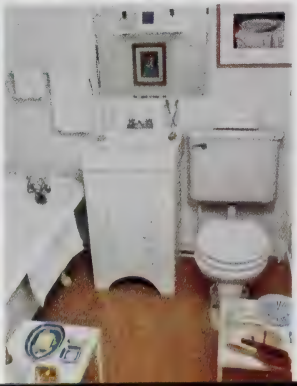
Because the house is so small —just two rooms for living plus a kitchen and a bathroom— everything is painted one color. "Small-space decorating is a process of unification," says Mr. Baldwin. He chose linen-white "because it's light and serene like the countryside. And because I look out on gardens from every window and I love to let them bring their natural color in." In his bed-sitting room ("For the first time in thirty years," he says with an air of adventure, "I walk *upstairs* to bed"), an understated black and white pattern upholsters the daybed and armchair. "In small spaces, pattern should be used deliberately." The same fabric is being made into slipcovers for the living room— "more unification." Except for treasured presents from friends, he eliminates all nonessentials. "I may replace things, but I almost never add." Objects are arranged thoughtfully: "I rely on the logic of the eye, the best way to make a room look right."





BEADLE





"If you decorate wi
what really reflect
your taste and person
dimensions cease to
a matter of concer



When something looks right to Billy Baldwin, it's because he's asked two questions: "How will it make the room look? and how will the room make *it* look?" In his bedsitting room, for instance, he used the English coffee table and the Windsor chair, one of the few purchases made especially for this house, to enhance the two dark ceiling beams that point up the peaked roof and the fireplace —"the bones of this room." (One beam crosses the chimney at just the point where the room's original designer "changed his mind and switched from plaster to brick.) Since it's my bedroom, I wanted as peaceful an atmosphere as possible. So, unlike the living room, almost all the woodwork is painted out." Even the blinds are painted white, making the five windows recede into space. "When you paint everything white, you bring in light, and a room filled with light is pure luxury."

Above: *The bed-sitting room. On the fireplace, a wood snipe on driftwood. For andirons, silhouette horses in brass.* ***Opposite page, from top:*** *Tabletop arrangements, created by Mr. Baldwin's logical eye: On the marble-topped stool, black and gold objects: African tiger carrying a bird, lacquer ashtray, carved-head snuffbox, chestnut with an ivory base, and a tortoiseshell cigarette box. On the living-room's coffee table, a turtle collection: one of Japanese wood, two tortoiseshell. On the Louis XV table, a variety of greens: living in a Japanese cachepot, dried in a wicker-wrapped jar, painted on canvas. On a Lucite table, modern artwork, classical sculpture, beach stones embellished with gold beasts and ornaments, an oyster shell that opens to reveal a jeweled lizard. In the bathroom, toilet articles in plain sight —and easy reach.*

NEEDLE CRAFT

D.I.Y.*



A touch of crochet

Do-It-Yourself

Easy two-stitch edging you can crochet for towels and bath mats with handmade appeal

What does it take to turn skeins of cotton yarn into luxurious textured borders for towels and bath mats? A crochet hook, two simple stitches, and a love of beautiful needlework. You needn't be experienced—anyone can easily master the elementary chain and single-crochet stitches needed for this project. The finished linens are so pretty they're destined to become family heirlooms. And all the yarn you need to trim a bath and hand towel or a bath mat, comes in kits with a hook and instructions—ready to stitch. Crochet always begins with a foundation chain—a long loose tail of chain stitches. Single-crochet a row through the chain, then build row upon row of single-crochet. A peaked zigzag pattern develops as you increase and decrease stitches. You can unravel mistakes quickly and start again. And for instant gratification, nothing tops this craft —results appear at once. "If you start during the evening news, you'll have trim for one towel by Johnny Carson," says one avid crocheter. But don't be surprised if you find yourself stitching right through the late movie—it's easy to get hooked on crocheting.

WHAT'S IN EACH KIT

—Pull skeins of machine washable "Cotton Crepe" cotton by William Unger (1⅘-ounce each). Number depends on kit you order.
—Aluminum crochet hook, size E
—Detailed instructions

Pattern and stitch instructions begin on page 134. Pattern by Miriam Greenfield of William Unger. Shopping information, page 218.

Opposite page, far left: **Master two simple stitches and you're on your way to crochet.**
Left: **A flock of snowy linens with crocheted rickrack trim in designer Jeremiah's skylighted bath. White tiles and a neutral gray floor are a perfect foil for plants and textures of straw. American Standard fixtures.**
Right: **Freshen up in style. Towels by Fieldcrest; crocheted border by you.**

KAREN RADKAI

FURNITURE CRAF

D.I.Y

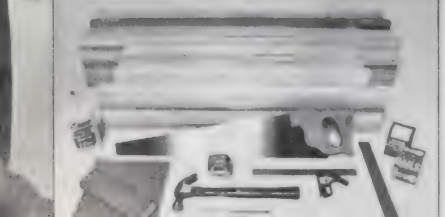
Good-lookin easy-to-build low-cost storage for every room

This is the shelf storage that l works for everything—from to kitchen equipment, bo (under lights) begonias. In hours, two people can join 8 of 1-by-2-inch lumber into a 4 feet long and 20 inches dee 18 square feet of shelf spac built by layering wood with gl nails—an easy job for a han effect. Peter Stamberg design incredibly economical s (about $50 per section) so th sections can be stacked and d together for a tall storage unit by-step how-to, page 24.

Opposite page, top: **White painted storage in a bedro by Mario Buatta. America Hurrah quilt. Baskets, Thos. K. Woodard, LCS, The Gazebo. Lamps, Bloomingdale's.** *Left:* **Two units for stereo. Stereo equipment, U.S. Pioneer. VCR, Panasonic.** *Right:* **O unit under butcher block. Kitchen equipment, 1st St Housewares. Butcher bloc J & D Brauner. See shoppi information.**

*Do It Yourself

Hold-everything



Left: **81 pieces of 1-by-2-inch lumber plus tools needed to make one unit.** *Below:* **Squaring up the first layer of wood.**



Below: **Second layer glued and nailed. 26 layers make single unit.**



BESTIER

Two units stacked for a storage tower

WILLIAM P. STEELE



Side by side for stereo

helves

Below: **Halfway through. Long uprights form sturdy legs.**



KAREN RADKAI



With butcher-block in the kitchen

IMPORTED AND BOTTLED BY PARK AVENUE IMPORTS . NYC . 52 PROOF



Dutch Coffee

Get into the spirit of things with this luscious Dutch Coffee: Pour 1½ oz. of Vandermint in a cup and fill with hot coffee. Top it off with whipped cream for a real "Dutch treat." Making it with Vandermint makes the difference.

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MEAL IN MINUTES

MENU
Baked bluefish with lime
Endive salad
Pineapple in the shell

Since her days are often rushed or filled with meetings, Chris Casson Madden, author, with Susan Lee, of *The Complete Lemon* and head of her own public relations firm, has learned to organize delicious dinners in a matter of minutes. Her entertaining style —simplicity. That's the keynote for vacation, too, a time to relax with friends over leisurely lunches and suppers. The menu here brings together clear, sharp flavors—quick-cooking fish that bastes itself, a salad of endive and avocado with cucumbers and radishes for crunch, and blackberry brandy-capped pineapple boats—and comes from Mrs. Madden's new book, *The Summer House Cookbook*. It should take only 30 minutes to prepare.

First julienne the cucumbers and radishes and mix with the endive. Let the salad chill while you wash and pat dry the fillets and seal them in foil packages. They'll be in the oven 20 minutes, so you can quarter the pineapple, sprinkle with the brandy, and place the fruit in the refrigerator to chill, too. Just before unwrapping the fish, slice lime wedges for garnish; cube the avocado, add to the chilled salad, and toss with a vinaigrette dressing. Slide the fillets onto a heated platter or individual plates and serve.

Baked bluefish with lime

INGREDIENTS

8 bluefish fillets (or use sea trout or weakfish)
8 tablespoons mayonnaise
8 tablespoons lime juice
8 dill sprigs
Freshly ground black pepper
Lime wedges

METHOD

☐ Wash and pat the fillets dry. Put each in the center of an aluminum foil square, smear the top with 1 tablespoon mayonnaise, and dribble over tablespoon lime juice. A sprig of dill and a sprink pepper before sealing the e of the foil. Bake in a preh 350° oven 20 minutes. wrap, garnish with lime wed and serve. Serves 8.

Endive salad

INGREDIENTS

6 medium-sized endives
2 large cucumbers
2 medium-sized Chinese radishes
2 large ripe avocados
Vinaigrette dressing

METHOD

☐ Cut the bottom off each dive and separate the lea Wash and pat dry. Peel slice the cucumbers into enne. Peel and slice the ishes into julienne. Place a a large salad bowl and c Before serving, peel and avocados into 1-inch cubes, to salad along with dress and toss gently. Serves 6-8.

Pineapple in the shell

INGREDIENTS

1 pineapple
4 tablespoons blackberry brandy

METHOD

☐ Slice the pineapple leng wise in quarters, leaving the leaves on. Carefully separ pineapple meat from shell w a knife. Leave in place on shell but cut into 1-inch slic Slice in opposite direction dice pineapple. Dribble so blackberry brandy over fr chill. Serves 4.

Excerpted from *The Summer House Co* book by Chris Casson Madden. To be p lished by Harcourt Brace Jovanovich, I Copyright © 1979 by Chris Casson Madd

Opposite page: Tray supper: zucchini petals, scallions, peppers, and chicken cook right in the chicken broth. Followed by the simplest of desserts—grapes tucked in th freezer until frosty. From Karen Lee, New York City Chinese-cooking teacher. Mor about it, page 216. Shopping information, page 218.

WINE & FOOD



1

The two-dish meal

Everything a meal should have in two easy steps—like chicken and vegetables in broth, and frozen grapes for dessert

2



There may still be places on earth where Grand Marnier isn't offered after dinner

For free recipe booklet, write Carillon Importers, Ltd., 745 Fifth Avenue, New York, New York 10022. Product of France. Made with fine cognac brandy. 80 pr

NE & OD Easy two-dish meals that are pretty, portable, and serve as either lunches or suppers for y and friends, plus a host of ideas for spirited desserts



The two-dish meal

ALAN KLEINBERG

mble all the elements for a balanced in just two attractive dishes. It's a le idea and one that makes cooking entertaining easier, too. You can are both main course and dessert d for a party, or whip up a last- ite salad and fruit. Best of all, the dish meal adapts to any occasion, in season—it's an inspiration for new binations of flavors and ingredients. e are some good cooks' favorites:

lia Child, whose latest book is *Julia d and Company* (Knopf), says, "For rmal Sunday afternoons, we serve simple things, like chicken salad banana ice cream with chocolate s for dessert."

aurice Moore-Betty, New York authority, especially likes two-dish ls for the country—perhaps vege- curry and fruit and cheese, or a l, solid *salade composée* with four ts, vegetables, and lettuce, followed fresh, homemade fruit ice.

lorence Lin, author of *Florence s Chinese One-Dish Meals* (Haw-thorn), suggests stir-fried shrimp balls with vegetables plus fresh fruit or candied nuts. The shrimp balls (diced shrimp and pork) can be made and poached several days ahead and just before serving stir-fried with the vegetables.

Huli Citrin, Santa Monica, Calif. cooking-school teacher, chooses: bouillabaisse; Mexican chicken soup with vegetables, garnished with oregano, lemon wedges, crushed red pepper, green chilies; or mostaccioli with shrimp and sautéed vegetables, topped with Parmesan and crushed red pepper. For dessert, lemon marzipan tart.

Seppi Renggli, chef of The Four Seasons, serves fresh garlic sausage with cabbage, and crisp Granny Smith apples for dessert. Chef Renggli makes his own sausage, then braises the cabbage in butter and white wine. Once softened, add sausage and cook, covered, over low heat 1 hour.

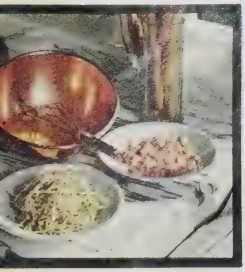
Marion Cunningham, coauthor of the new revised *Fannie Farmer Cookbook* (Knopf), almost always entertains with two-dish meals. One company menu—mulligatawny soup (pass a bowl of chutney to stir in, so each person can adjust the flavor to his own liking), and spice-nut cake or a nut torte. Both these dishes mature well, so Mrs. Cunningham advises preparing them ahead.

Dick Nelson, Portland, Ore. cooking-school teacher, frequently serves pork chops with onions, apples, and beer sauce followed by an icy apple sorbet. Brown the chops in a skillet, layer on top of sautéed onions and apples, add garlic. Make a roux, add beer and cayenne to taste. Pour over chops, bake an hour.

Steve Bierman, a New York caterer, loves tiny bay scallops sautéed with broccoli flowerets and a zesty lemon sherbet drizzled with raspberry-Grand Marnier sauce. His preferred lunch menu—chicken salad with curried mayonnaise and fresh papaya, shown above. *Top of page: Chicken salad primavera and a papaya with lime for a tray supper.* *For recipe, see page 212.*

Lunch on-the-double

An omelet of intelligence and taste (1)—it combines bean sprouts and shrimp to provide the crunch of a salad and the heartiness of an entrée. The soufflé of fresh berries (2) and orange juice sports a crown of strawberry purée sauce. The creative genius behind the meal, designer Charles Pfister, *right*, head of the San Francisco Interior Design Group of Skidmore, Owings & Merrill, likes to bring business associates home for lunch: "It helps to discuss things in an informal atmosphere." Menus feature fresh, local ingredients—sour dough bread, Bay shrimp, "eggs I travel clear across town for." Mr. Pfister's house overlooks Chinatown on one side and the Bay on the other, which inspired his omelet combination. "It's important to use your hands in cooking" says Mr. Pfister, who can turn out four perfect omelets in three minutes. "I use a Teflon pan to make it easier." He designed his kitchen, once a porch, with the care taken to outfit a racing sloop. Counters are marble with drop-in chopping blocks, shelving is open and tailored, cabinets are flush with bronze hardware. Centered in the space is a bench under huge windows—the spot to watch Mr. Pfister work or eat at the lacquered table he designed for Knoll. Recipes, page 208.





1

Last-minute omelet with shrimp and sprouts



2

Make-ahead frozen strawberry soufflé



MACMASTERS



Charles Pfister looks out his kitchen window, *above*, framed by an old ivy vine. *Left:* The Pfister Table, one of a collection for Knoll International, surrounded by Art Deco Thonet lacquered chairs. Shopping, page 218.


FABBRICA BISCOTTI

Do-ahead supper



Veal braised in cider with cucumbers and snow peas



Fabulous flourless chocolate cake



"This menu lends itself so well to easy entertaining. (Almost all the cooking can be done ahead—just the vegetables, which are trimmed in the morning or the night before, cook on top of the veal, steaming while the stew reheats.) And when you return to the kitchen after the party is over, there is just one pot to wash!" says Michele Urvater, New York City cooking-school teacher and chef for a private dining room. "The two-dish meal is a natural way to cook; I like to keep the menu simple even when I entertain. I try to resist my guests' expectations of me as a professional cook, and keep menus pared down. It isn't the cooking after a full day of work, as much as the washing up and putting away, that takes the extra energy." Washing up, however, adds up to one pot, one cake plate, two forks, and two plates per person. Another facet of the meal is that it can all be put on the table at once! The cake with its lacy top of sugar sifted through a paper doily makes a great centerpiece. For do-ahead whipped cream, Ms. Urvater whips the cream, then lets it drain in a cheesecloth-lined strainer for an hour to rid it of excess moisture, so that it will not separate. "When I think about creating a new recipe, I think first about taste, then color, and finally texture. And, the end result should be fairly light in taste." The veal dish is a stew — large chunks of meat (veal is very lean and too-small pieces will dry out during the cooking) are braised in cider for about 1½ hours. Once the meat is tender, the juices are strained out and reduced with cream for greater flavor. Becaus there is no binding of eithe flour or egg yolks in th sauce, the resulting gravy light tasting and delicious Both recipes will appear i a cookbook Michele U vater has written with Da vid Liederman, which the tentatively call *The Ne Cuisine in America* (Work man, autumn, 1979). The have taken the technique of *nouvelle cuisine* (M Liederman worked in th Troisgros kitchen in R anne), and applied the directly to American ingr dients and kitchens. M Urvater's classes are org nized by food groups, suc as seafood, meats, egg Students learn the variou methods for cooking eac "It's a good way for st dents to learn techniqu in depth and the cookin qualities of ingredients."

Top, 1 and 2: Veal braised in cider on earthenware pla from Ginori. Dessert of soufflèed chocolate cake. Shoppi information, page 218. *Left:* Michele Urvater in her teac ing kitchen beating egg whites. Recipes, page 210.

MEAD WOOD

MARINA SCHINZ





Above left: Under Madeline's direction, Francine tosses the salad. The inspiration for her salade Chinoise: a cold Vietnamese pork dish tasted in Paris last summer. "I was so enchanted with it that, once home, I sought out the best elements for an American version, and a salad seemed just right."
Above right: Their 18th-century baker's table set for brunch. "Since we like to entertain groups of 6 or 8," says Francine, "we might easily serve a 2-course supper of steamed fish with a lemon-lime butter sauce and the mandarin orange salad, which can be made ahead." For either menu, Madeline suggests a Pinot Chardonnay Les Charmes 1976 to drink throughout the meal. Recipes, page 214.

or your next Sunday unch, think salads! hat's what Francine herer and Madeline oley, owners of the successful Soho Charcuterie nd Restaurant in New ork, did—the result (below): a vivid main-course alad (1) that stirs up right peppers, crunchy prouts, carrots, scallions, nd spicy *cha siu* (Chinese roast pork), to team ith subtler citrus, a dessrt salad (2) of oranges nd grapefruit dotted with alnuts, almonds, raisins. We chose the oval platr as the easiest and prettest way to serve," says rancine. "The contrast f colors and shapes beween the salads is appealing, with both courses n one plate, the brunch an be seated or a buffet."

One-plate brunch

Oriental salad of julienned vegetables and cold roast pork

1

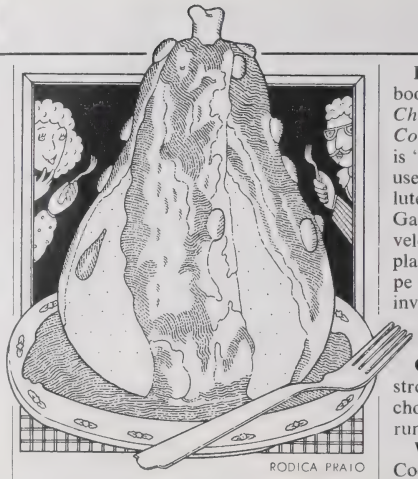
Dessert salad of mandarin oranges, raisins, and nuts

2

GOOD SPIRITS

Spirited desserts

A well-stocked liquor cabinet is inspiration for adding a dash or two to sweet creations. Here are some ideas and recipes from three new cook books to give desserts a lift.



RODICA PRATO

The spiral-bound *Tacoma Art Museum Cookbook*, collected by The Women's Committee, and punctuated with Doris Lee lithographs, is full of easy recipes to spark rounds of dinner parties.

Dates Cacao: Soak pitted dates in crème de cacao for 24 hours in the refrigerator. Serve very cold with the liqueur in small dessert cups and pass a pitcher of heavy cream.

Brandy ice: Mix 2 scoops vanilla ice cream, 1½ ounces Kahlúa, and 1 ounce brandy in a blender. Serve in wineglasses.

Rosy rhubarb: Place 5 cups fresh rhubarb sliced in 1-inch pieces in a 2-quart casserole. Add 2 cups sugar and ½ teaspoon freshly grated orange zest. Pour 1 cup ruby port over all. Cover and bake at 350° for 45 minutes. Serve warm or chilled with a dollop of sour cream sprinkled with a whiff of grated nutmeg. Serve for breakfast or dessert.

Pears in Cointreau: Put 8 canned pear halves in a serving bowl. Add ½ cup Cointreau. Put canned pear syrup and 1 cup brown sugar in a saucepan and boil down until slightly syrupy. Cool well and add to pears. Chill. Serve with heavy cream whipped and frozen until splintery.

Candied ginger sauce: Combine 1 cup orange blossom honey with ½ cup boiling water. Cool. Add 1 cup coarsely chopped candied ginger, 2 tablespoons grenadine, ½ cup orange-flavored liqueur, and mix well. Serve over lemon sherbet, vanilla or lemon flake ice cream, or to revive toasted leftover cake.

The Tacoma Art Museum Cookbook is available from Tacoma Art Museum, 12th and Pacific, Tacoma, Wash. 98402, for $15.66 postpaid.

Chris Madden's *The Summer House Cookbook* (Harcourt Brace Jovanovich, $5.95)* emphasizes quick combinations of fresh ingredients—the kind that are especially helpful to have when the house fills with guests during the summer months.

Zest-dressed ice: Spoon 1 quart lemon sherbet into goblets and dribble a little blackberry brandy over. Sprinkle grated lemon zest on top and serve.

Oranges and strawberries in champagne: Chill 2 11-ounce cans mandarin oranges, then drain the oranges and place in a bowl. Wash and hull 2 pints of strawberries and slice in half. Mix gently with the oranges. Sprinkle with ⅓ cup confectioners sugar and stir in 1 split champagne. Divide among 8 oversize wine goblets.

Walnut syrup: Chop ¾ cup walnuts in a food processor or by hand. Stir into 3 cups maple syrup mixed with 3 teaspoons brandy and heat in a small, heavy saucepan until hot. Pour into a pitcher and pass with pancakes, ice cream, or dessert crêpes.

Raspberry on raspberry: Drop ½ of a 10-ounce package Birds Eye frozen raspberries into a food processor and add 3 tablespoons Kirschwasser, blending until smooth. Refrigerate. Place a few scoops of raspberry sherbet in 4 goblets. Pass the raspberry sauce.

Chocolate sherbet orientale: Spoon 1 pint chocolate sherbet into 4 oversize goblets. Place a few mandarin oranges on top and dribble some Triple Sec over all.

Apricot whip: Wash ½ pound dried apricots and place in a medium-sized, heavy saucepan. Cover with water. Bring to a boil and simmer until tender—about 15 minutes. Drain and blend in a food processor until smooth or force through a sieve. Mix with 3 tablespoons lemon juice and ⅓ cup sugar and set aside. Whip 3 egg whites with ⅛ teaspoon salt in a bowl until stiff peaks form. Stir 2 tablespoons Galliano into the apricots and fold into the egg whites. Chill thoroughly—about 2-3 hours. Spoon a large dollop of sour cream in the center of each serving and top with a mint leaf.

For more recipes from Mrs. Madden's book, turn to page 198.

Christopher Blake's Easy Elegance Cookbook (Chelsea House, $12.50),** is "simply a collection of recipes I have used and enjoyed" from a tempting salute to Creole and Cajun cooking to Gaelic steak (with Irish whiskey). Developed through his experiences as a playwright, novelist, world traveler, recipe collector, and good cook, each recipe invokes Mr. Blake's personal philosophy that food should be enjoyed both in the preparation and the eating.

Chocolate mousse with a secret: Add strong coffee and Coffee Amaretto to chocolate mousse, or add ½ cup dark rum.

Whiskey sauce for bread pudding: Cook ½ cup sugar, ¼ cup water, and 2 tablespoons unsalted butter together about 5 minutes, stirring, until well combined. Add ¼ cup 100-proof Bourbon and cook another 2-3 minutes. Serve warm over pudding. You can also use dark rum, or other whiskey.

Black pound cake: Toast 12, day-old pound cake rounds lightly in an oven. Transfer to a rack, let cool and sprinkle with Myers's Jamaican rum. Melt 8 ounces semisweet chocolate and add ¼ cup rum. Keep warm. Spread 6 of the rounds with strawberry preserves and top with the remaining rounds. Place rounds in a shallow dessert dish and ladle the hot chocolate-rum sauce over. Garnish with sweetened whipped cream flavored with strained lemon juice and grated lemon zest.

Leroux Chocolate Amaretto kisses: Melt 6 ounces semisweet chocolate chips in the top of a double boiler. Remove from heat and stir in ½ cup sugar and 3 tablespoons light corn syrup. Add ½ cup Leroux Chocolate Amaretto liqueur and blend well. Combine 2½ cups finely crushed vanilla wafers and 1 cup finely chopped pecans or walnuts in a large bowl. Add chocolate mixture and mix well. Form into 1-inch balls and roll in powdered sugar. Place in an airtight tin and allow to sit for several days.

Sabra Milk and Honey ("named in honor of my friend who wrote the musical"): Combine 6 egg yolks, 6 tablespoons sugar, and ¾ cup Sabra orange liqueur in a heavy saucepan. Cook over very low heat and stir constantly with a whisk until custard is smooth, thick, and rich—about 15 minutes. Cool, and fold in ½ pint cream, stiffly whipped. Pour into small chilled wineglasses. Refrigerate and garnish with orange zest or a small section of tangerine. Serves 6.

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DVICE TO WOMEN BORED BY THE SAME OLD DRINKS.

–FROM A WOMAN WHO KNOWS



Jewelry by Patricia von Musulin

TERS USED TO GET IMPATIENT WITH ME. BECAUSE IT WAS OFTEN DIFFICULT
THINK OF AN EXCITING DRINK. THEN I DISCOVERED DRAMBUIE OVER ICE.
OL AND EXTREMELY SMOOTH. IT HAS A MILD AND PLEASANT TASTE THAT'S
RIGHT. SO NOW I'M NO LONGER BORED. THANKS TO DRAMBUIE. AND
W CUBES OF ICE. IF YOU'RE LOOKING FOR AN EXCITING
ERENCE... AS I WAS... THIS MAY WELL BE YOUR DRINK.

DRAMBUIE OVER ICE

continued from page 202

MENU

From Charles Pfister
Chinatown omelets
San Francisco sourdough bread, sweet butter
Trefethen Vineyards Napa Valley Riesling
Frozen strawberry soufflé

Chinatown omelet

INGREDIENTS

Butter
¾ pound tiny bay shrimp, cleaned
10 eggs
½ pound bean sprouts

METHOD

☐ Melt 2½ tablespoons butter in a large, heavy sauté pan and briefly sauté the shrimp until they turn creamy—a minute, no more. Spill onto a warmed plate and keep warm.

☐ Beat the eggs well in a bowl; add 1 teaspoon butter to the warm, heavy pan, swirling it to coat the bottom and sides, and ladle in approximately 2½ eggs (about ½ cup). Use a fork to push the eggs gently around the pan in a circular motion, shaking the pan to keep the eggs from sticking. Use a spatula or fork to lift the eggs and let any uncooked mixture run underneath to the bottom of the pan. When the top of the omelet is almost set, place a handful of crisp bean sprouts on one side, then fold the omelet in half and slide onto a warm plate. Garnish generously with the buttery shrimp. Keep each fi ished omelet warm and proceed as abov Serves 4.

Frozen strawberry soufflé

INGREDIENTS

6 egg yolks (U.S. grade large)
2 cups sugar
About 5 boxes strawberries—reserve enough berries to cover the bottom of a 2½-quart soufflé dish and several for garnishing dessert plates; purée the re to make 1 quart purée.
1½ envelopes Knox gelatin
½ cup Grand Marnier
⅓ cup orange juice
7 egg whites
3 cups whipping cream
Vegetable oil
Fresh mint

Continued on page 2



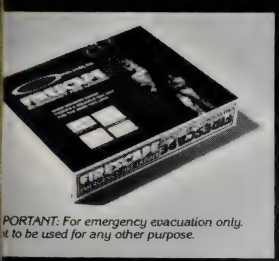
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First I browned my pork chops as usual. Then I added the unusual; a blend of brown and wild rice with different herbs and seasonings.



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What a success.



Nobody makes it quite like we do.

continued from page 208

METHOD

☐ Beat egg yolks and 1 cup sugar ir large bowl until thick and lemon-colore Stir in ½ cup strawberry purée. Add t gelatin, then place mixture in the top o double boiler over hot water and co stirring constantly, until it thickens enou to coat a spoon, approximately 15-20 m utes. Do not allow mixture to boil. Let t mixture cool (you may want to set it ov a bowl of ice water to speed the proces Be careful not to overchill or mixtu will turn into a solid block. When co add the Grand Marnier, a little bit at time, until it is thoroughly blended.

☐ Combine 1 cup sugar and the oran juice in a 1-quart saucepan and cook, u covered, over medium-low heat, stirri until dissolved. Continue cooking witho stirring until the mixture reaches the so ball stage, 238°. This will take about minutes. Whip the egg whites in a lar bowl until soft peaks form. Beat the syr very slowly into egg whites. Continue be ing until meringue is cool and stiff.

☐ Whip the cream in a bowl and fold into the yolk mixture. Fold in 1½ cu strawberry purée, then fold in the beat egg whites gently but thoroughly.

☐ Layer stemmed whole strawberries si by side over the bottom of an oiled a collared 2½-quart soufflé dish. Spo soufflé into the dish and freeze 1½ hours. When firm, cover with plastic wra

☐ Before serving, spoon strawberry pur (flavored with Grand Marnier if you wis over the top edge of the frozen souff letting a little extra dribble down the sid every few inches. Center a large strawbe and a sprig or two of mint on top of t soufflé. Bring dessert plates to the tab each garnished with mint sprigs and strawberry. Serve the soufflé at table pass and let guests help themselves. Pa remaining strawberry purée separate Serves 12.

MENU

From Michele Urvater
Braised veal in cider with cucumbers and snow peas
Pumpernickel bread, sweet butter
Purpom cider
Soufflèed chocolate cake

Braised veal in cider with cucumbers and snow peas

INGREDIENTS

3 8-inch cucumbers
2½ pounds boned veal shoulder (have the butcher leave it in a single piece)
2 tablespoons butter
2 tablespoons vegetable oil
8 ounces shallots or tiny white onions, peeled

up plus 2 tablespoons hard cider, like Purpom
t, freshly ground white pepper
uquet garni: 2 sprigs parsley, thyme, and black peppercorns tied in cheese-cloth
pound snow peas, trimmed and strings removed
cup heavy cream

THOD

Peel cucumbers and slice them in half gthwise. Spoon out seeds and slice in f lengthwise again. Then cut them into inch-thick cross pieces.

Cut the veal into approximately equal nch-square pieces—they should be as ual as possible to cook evenly.

Melt butter and 1 tablespoon oil in a uté pan 9 inches in diameter and about nches deep. When the fat is hot, begin sear the meat on all sides in small ches. Do this over fairly high heat so it the meat takes on a brown, crispy ex-ior. The fat will spatter, but if you do sear the meat at a high heat, it will w and turn gray. You will need to add other tablespoon of oil about halfway ough the searing process. Do not turn heat up so high that the fat smokes d takes on a burned taste.

Remove the meat to a bowl as it owns. When all the meat is seared, lower heat and add the shallots or onions, rring them for a few seconds. Slowly add cup of cider to deglaze the pan. Scrape coagulated particles into the cider with flat wooden spoon or spatula. Season h 1 teaspoon salt and ¼ teaspoon white pper. Add the veal and bouquet garni to pan and cover pan with a buttered und of brown paper and a heavy lid. mmer gently 1¼-1½ hours, or until the al is very tender. You may prepare the ih in advance up to this point. If you do s, reheat it before proceeding to the xt step.

Remove cover and brown paper. Add cucumbers and snow peas on top of meat, replace the cover, and steam vegetables 4-5 minutes or until just oked but still crunchy. Do not overcook.

Use a slotted spoon to remove meat d vegetables to a wide sieve placed over deep bowl to catch juices. Discard the uquet garni. Degrease the remaining uid. Add the remaining cider and the avy cream to the pan, along with the ces which have dripped into the bowl. ok over moderate heat until reduced to cup. Season with ½ teaspoon salt and teaspoon white pepper. The sauce may em salty but will not be when you have ded the meat and vegetables. Transfer e meat and vegetables to a shallow serv-g bowl. Strain the sauce through a sieve er it and serve. Serves 4-6.

Continued on next page

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continued from preceding page

Soufflèed chocolate cake

INGREDIENTS

9 ounces extra bittersweet chocolate (if you cannot find extra bittersweet, use 6 ounces regular semisweet with 3 ounces unsweetened chocolate)
9 tablespoons sweet butter
6 eggs (U.S. grade large), separated
½ cup granulated sugar
6 tablespoons cornstarch
Flour
Confectioners sugar

METHOD

☐ Melt the chocolate in the top of a double boiler, making sure the water underneath does not boil. When the chocolate has melted, remove it from the heat and set aside to cool a bit.

☐ Melt the butter in another small saucepan. Set aside, and when it is lukewarm, whisk it into the melted chocolate.

☐ Beat the egg whites in a large bowl until soft peaks form. Add the sugar, tablespoon by tablespoon, and continue beating until all the sugar is incorporated.

☐ Beat the egg yolks with a fork just to mix them up. Add them to the egg whites, continuing to beat all the while. After they have been completely incorporated, beat three minutes longer.

☐ Sift half of the cornstarch through a strainer into the egg mixture. Add half the melted chocolate-butter mixture on top and fold in. Add the remaining half of the ingredients in the same way and fold them in. Be careful to reach all the way to the bottom of the mixing bowl, since the chocolate is heavier than the rest of the ingredients and tends to sink.

☐ Turn the batter into a buttered and floured 9-by-2-inch round, false-bottomed cake pan and bake in a preheated 350° oven 30 minutes. The inside of the cake should remain moist; the center will be loose when cake is removed from oven.

☐ Cool the cake 10 minutes in the pan. Then loosen the edges with a spatula and remove the cake from the pan. When completely cool, turn the cake upside down on a plate so that the slightly crusty top will be on the bottom. Dust top with confectioners sugar, or sift sugar through doily on top of cake. Serves 8.

MENU

From Steve Bierman
Chicken salad primavera
Melba toast or thin breadsticks
A New York State Seyval Blanc
Cold spiced fruits



Chicken salad primavera

INGREDIENTS

2-3 cups chicken stock
Salt, freshly ground pepper
3 chicken breasts, skinned, boned, and left whole
1 10-ounce package frozen corn
2 red peppers, cut in half, cored and white pith removed
3 small zucchini
½ grapefruit, peeled and cut into segments
Honeydew or other melon, cut into thin wedges
3 tablespoons parsley, chopped
Curry mayonnaise (recipe below)
Boston or Bibb lettuce

METHOD

☐ Pour chicken stock into a large, heav casserole or medium-sized frying pan. Se son well with salt and pepper. Heat to slow boil, add chicken breasts, and reduc heat to a very slow simmer. The stoc should cover the chicken—add a litt white wine or more stock if necessar Poach the chicken 10 minutes, turnin once. Let cool in the stock.

☐ Place frozen corn into a pot full of boi ing, salted water. Cook 60 seconds, the drain into a colander and refresh unde very cold water.

☐ Place red peppers skin side up on cookie sheet and roast in a preheate 450° oven 10-15 minutes, or until the ski feels soft but not mushy. Let cool, slic into thin julienne, and sprinkle with sa and pepper.

☐ Use a swivel-bladed vegetable peele to remove part of the zucchini peels, giv ing them a striped effect. Cut in ha lengthwise, slice into thin rounds. Add tablespoon salt to a large pot of wate bring to a boil, add zucchini. Blanch 1 mi ute, drain, refresh under cold water.

☐ Slice the chicken breasts into thin jul enne, discarding any gristle. Arrange vege tables, thinly sliced chicken, and fruit o a large plate. Sprinkle with chopped pars ley and serve with curry mayonnaise. Al ternatively, combine chicken and vege tables in a large salad bowl, add curr mayonnaise, and mix well. Serve garnishe with sliced grapefruit and melon and Bos ton or Bibb lettuce. Serves 4.

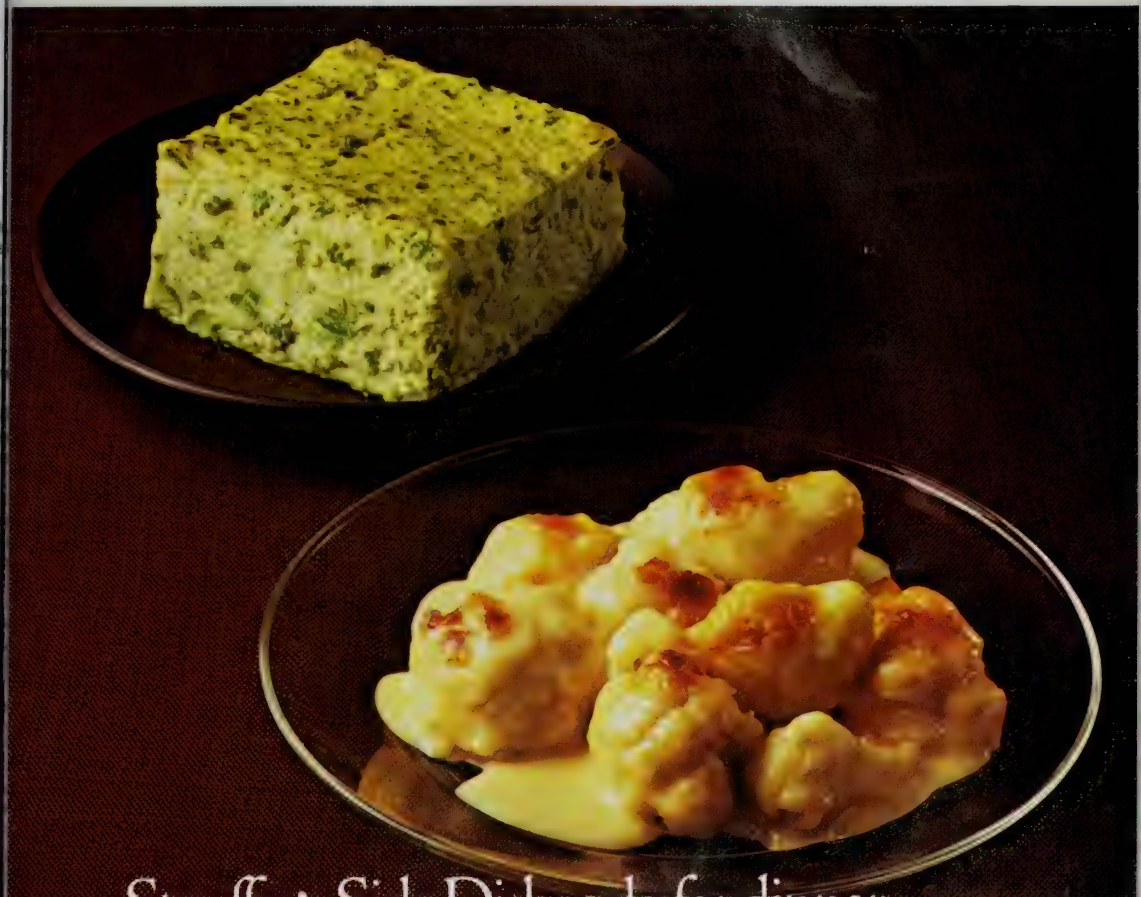
Curry mayonnaise

INGREDIENTS

3 shallots, finely chopped
½ cup Dijon mustard
1 teaspoon dry mustard
2 tablespoons wine vinegar
3 tablespoons vegetable oil
¾ cup mayonnaise
1 tablespoon curry powder or more to taste
2 tablespoons lime juice

Continued on page 214

What a cherry does for a sundae,



Stouffer's Side Dishes do for dinner.

Stouffer's Cauliflower au Gratin and Asparagus Souffle are just two of the 13 side dishes Stouffer's makes. To liven up a simple meal. Or do justice to a special one.

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Stouffer's Side Dishes.
The great mealtime accessories.

Two-dish meals
continued from page 212

3 tablespoons sour cream
1 tablespoon chives, chopped

METHOD

☐ Place shallots, mustards, vinegar in a bowl. Add vegetable oil gradually, mixing well with a whisk. Add mayonnaise and curry powder; mix well. Whisk in lime juice, then sour cream and chives. Refrigerate sauce several hours or overnight. Makes about 2 cups mayonnaise.

Cold spiced fruits

INGREDIENTS

4 tablespoons dry white vermouth
4 tablespoons crème de cassis
3 whole cloves
½ stick cinnamon
2 slices lemon
½ honeydew melon
½ cantaloupe or Persian melon
1 papaya, halved, seeded, and sliced
1 grapefruit, peeled and cut into segments
¼ cup raisins plumped in enough dark rum to cover (optional)
Strawberries for garnish
Superfine sugar

METHOD

☐ Combine the vermouth, crème de cassis, cloves, cinnamon, and lemon slices in a small, heavy pan. Bring to a boil then reduce heat and simmer about 5 minutes. Let the mixture cool at room temperature.

☐ Peel the melon and cut into bite-size pieces. Slice the papaya into wedges or cubes. Wash and hull strawberries (cut large ones in half), place on a plate or in a bowl, sprinkle with superfine sugar, and refrigerate. Place the prepared fruits (except berries) and the raisins in a bowl or flat enamel dish. Pour spiced wine over them and refrigerate for several hours. To serve, garnish with the sugared strawberries. Serves 4.

MENU

From Francine Scherer and Madeline Poley
Oriental salad
French bread
Pinot Chardonnay Les Charmes 1976
Mandarin orange-walnut salad

Oriental salad

INGREDIENTS

2 pounds roast pork, thinly sliced
½ can water chestnuts, sliced into rounds
¾ pound bean sprouts
2 red peppers, seeded and cut into julienne
½ pound dried black mushrooms, soaked in water until soft, then carefully stemmed and halved
1½ bunches scallions, chopped
3 carrots, cut into fine julienne
½ cup light soy sauce
¼ cup sesame seed oil
1 teaspoon freshly grated ginger or to taste
Salt, pepper

METHOD

☐ Prepare the pork and all the vegetables as indicated and add to one large bowl or serving dish.

☐ Mix together the soy sauce, sesame seed oil, ginger, and salt and pepper to taste in a bowl. Toss with the salad, then chill ½ hour and serve. Serves 8.

Fruit salad

INGREDIENTS

8 tangerines or mandarin oranges, peeled and separated into segments
4 grapefruit, peeled and separated into segments
½ cup raisins
½ cup currants
2-3 tablespoons candied orange zest, diced

Continued on page 216

Presenting the GE toaster that broils and bakes.



Versatility is what makes the GE Toast 'N Broil Toast-R-Oven® toaster so great.

The GE Toast 'N Broil Toast-R-Oven® toaster.

It's a great broiler.

This GE toaster has a separate broil setting that lets you broil steaks, hamburgers and hot dogs. You can position the broil pan high or low to suit your needs. Its high walls help protect the interior from spatters . . . and the pan pops right into the dishwasher for easy cleaning.

It's a great oven.

The GE Toast-R-Oven handles dozens of small cooking jobs you'd hate to heat up your big oven for.



Like making hot snacks, warming leftovers, baking casseroles, cooking frozen dinners and appetizers. And used together with your big oven, it lets you cook different dishes at different temperatures. Its thermostat controls the temperature from 200° to 500° F.

It's an automatic toaster.

This toaster replaces old-fashioned vertical toasters. It toasts up to 4 slices of regular bread, both sides at once, then shuts off and rings a bell, automatically. It lets you top-brown or toast odd-size breads and rolls, corn muffins or English muffins.



GE gives you broil and non-broil models.

The model featured here is the T26. Other broil models are the T114 and (two-slice) T23. The T104 and (two-slice) T93B are GE's non-broil models.

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Other items made by General Electric use Du Pont Teflon® non-stick coatings.

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Just say *Natural.*

½ cup roasted walnuts, coarsely chopped
½ cup roasted almonds, coarsely chopped
½ cup shredded coconut or to taste
1-2 cups fruit juice, any flavor
1 tablespoon brandy or rum (optional)

METHOD

☐ Mix together the fruits, candied orange zest, nuts, and coconut in a large bowl or serving dish. Toss with fruit juice and brandy or rum if you wish and chill well. Serves 8.

☐ *Note:* If you prefer, this salad may be tossed with a vinaigrette dressing. Mix the fruits with 1 cup vinaigrette, let stand ½ hour. Drain and toss with the nuts and coconut.

MENU

From Karen Lee
Chicken and vegetables in broth
Lo mein or cellophane noodles
Macon "Le Grand Cristal"
Frozen grapes

For a satisfying, low-calorie tray supper, try vegetables and chicken poached in broth (see Wine & Food cover, recipe below) and frozen grapes. "You can take the same ingredients and stir-fry them," says Karen Lee, author of *Chinese Food for the American Kitchen* (Atheneum). Tuck grapes in the freezer for a few hours; they take longer to eat since they're frozen, so you eat less. Try freezing other juicy, sturdy fruits like pineapple for an instant "ice."

The bare minimum Chinese pantry

Karen Lee recommends keeping the 5 staple items below on hand for Chinese cooking:

1 box water chestnut powder (for thickening and marinating)
¼ pound dried Chinese mushrooms
1 bottle dark soy sauce
1 bottle sesame seed oil
1 jar chili paste with garlic

The New Frontier Trading Corp. in New York City will fill orders from all over the world. Write to the attention of Mr. Charles Wong, New Frontier Trading Corp., 2394 Broadway, New York, N.Y. 10024.

Chicken and vegetables in broth

INGREDIENTS

1 egg white
½ chicken breast, diced
¼ cup dried Chinese mushrooms
½ cup sweet red bell pepper
½ cup zucchini
½ cup scallions, white and green parts
2 cups chicken broth, defatted and clarified
Salt, freshly ground white pepper
1 teaspoon sesame seed oil

METHOD

☐ Beat the egg white slightly, then pour ½ of the egg white into a bowl. Reserve other ½ for another use. Add the diced chicken and mix well. Refrigerate while doing all other preparations.

☐ Rinse mushrooms in cold water, then soak in ½ cup cold water until soft, about 2 hours.

☐ Seed and remove all membrane from the red pepper. Cut into triangle shapes. Wash zucchini, but do not peel. Roll-oblique cut (see February, page 131), or cut into 4-petaled flower shapes. Slant-cut scallions.

☐ When mushrooms are soft, squeeze to extract some of the water. Remove the stems and quarter.

☐ Add mushroom water to the chicken broth in a large saucepan and bring to a simmer. Add the mushrooms and simmer 1 minute. Add the red pepper, zucchini, and scallions and stir briefly. Bring the soup back to a simmer.

☐ Add the chicken and stir briefly. Simmer 2 more minutes. As the soup simmers, add salt and pepper to taste.

☐ Remove saucepan from the heat and stir in the sesame seed oil. Serve immediately. Serves 2. ■



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along with any or all of the optional
dients. Season with salt and fresh pe
Warm mixture in a double boiler or
unheated on lettuce leaves. Serves

Pecanless pie

Vinegar pie was the pioneers' substitu
lemon pie. Our version doubles the
baking time and turns a pale custard
a caramel-tinged confection.

INGREDIENTS

½ cup white sugar
½ cup brown sugar
¼ cup all-purpose flour
2 eggs
½ cup fruit vinegar
Pinch nutmeg
2 tablespoons butter, cut in pieces
1 8-inch pie shell, baked

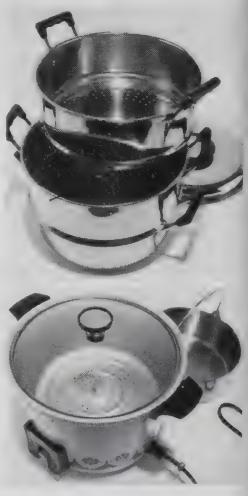
METHOD

☐ Blend sugar and flour in a sauc
Add 1 cup water and cook over low
whisking, until mixture thickens.

☐ Beat eggs in a bowl; then beat in
gar and nutmeg. Stir into sugar mixtu
saucepan and cook to a custard co
tency in a few minutes. Remove from
and stir in butter.

☐ Pour custard into pie shell and
in a preheated 350° oven 50 minute
until filling has browned. Serves

Correction



Because of a printer's error, we err
ously identified the two steamers he
our February issue. The correct desc
tions are: *Top,* Stainless steel stac
Chinese steamer by Joyce Chen. *Bott*
See-through-topped Electric Autom
Steam Cooker that makes it easy
watch the cooking. By Hitachi.



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d how quick and easy they are to whip
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mily will love every creamy light bite.



Lemon Dream Pie

2 envelopes DREAM WHIP® Whipped Topping Mix
1 package (3 oz.) JELL-O® Brand Lemon Flavor Gelatin
2/3 cup boiling water
2 cups ice cubes
1 baked 8- or 9-inch pie shell, cooled,
or graham cracker crust.

Prepare whipped topping mix as directed on package. Dissolve gelatin completely in boiling water. Add ice cubes and stir constantly until gelatin is thickened, about 2 to 3 minutes. Remove any unmelted ice. Using wire whip, blend in whipped topping; then whip until smooth. Chill, if necessary, until mixture will mound. Spoon into pie shell. Chill 2 hours. Garnish with lemon slices, if desired.

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SHOPPING INFORMATION

PRICES APPROXIMATE
State and local taxes additional. *Consult your interior designer or department store decorating service.

Stores where you can find arts and crafts from China

Stores across the country are planning special promotions that will include arts and crafts from the People's Republic of China. many of them the same or similar to those shown on pages 000 to 000. The following presentations have been scheduled as we go to press:

B. ALTMAN & CO., New York, N.Y. *The China Trade*, 4th floor. Opening April 16.

J.L. HUDSON, Detroit, Mich. and branches. *Oriental Odyssey*. April 21-May 4.

THE BON MARCHE, Seattle, Wash. and branches. *The Orient Expressed. Early* fall '79.

WOODWARD/LOTHROP, Washington, D.C. and branches. *Tradewinds East*. May 4-18.

The following stores carry selections of furniture, rugs, and crafts from the People's Republic of China similar to those shown on pages 000 to 000 as a regular part of their homefurnishings and gift departments:

BLOOMINGDALE'S, New York, N.Y. Gifts and Accessories, 6th floor.

BURDINES, Dadeland, Fla. Decorative Accessories, 5th floor.

CRATE & BARREL, Chicago, Ill. and Boston, Mass. Throughout the store.

GUMP'S, San Francisco, Calif. Antiques, 3rd floor.

HALLS CROWN CENTER, Kansas City, Mo. Designer Accessories, 2nd floor.

HIGBEE'S, Cleveland, Ohio. Gifts and Accessories.

I. MAGNIN & CO., San Francisco, Calif. Gift Galleries, 8th floor.

LORD & TAYLOR, New York, N.Y. and branches. Far Eastern Gallery.

NEIMAN-MARCUS, Dallas, Tex. The Antique Gallery.

MAY D & F, Denver, Colo. Gifts, 3rd floor.

PAINE FURNITURE, Boston, Mass. Carpets and Lamps.

POTTERY BARN, New York, N.Y. Throughout the store.

RICH'S, Atlanta, Ga. Connoisseur's Gallery.

ROBINSON'S, Los Angeles, Calif. and branches. Gifts, 6th floor.

W&J SLOANE, New York, N.Y. and branches.
Throughout the store.

WANAMAKER'S, Philadelphia, Pa. Furniture, 6th floor; Gifts, 9th floor.

COVER

Upholstered sofa: 90" x 35" x 29" h. x 17" sh. **Armchair:** 29" x 36" x 31" h. x 18" sh. **Armless chair:** 24½" x 31½" x 32" h. x 17" sh. **Ivory lacquered cocktail table:** 38" sq. x 14" h. All by Baker. **Pine English kitchen table:** 60" x 32½" x 31½" h. Two drawers. Brass pulls. c.1830. **Pine armchair:** 22" x 19½" x 36" h. x 20" sh. Rush seat. **Upholstered footstool:** Ebony legs. Gilded incised details. From England. c.1870. 15" sq. x 15" h. Kitchen table, armchair, footstool, all one of a kind. All at Altman's, NYC 10016.

"Medard" Satin Print" cotton fabric on sofa, chairs and curtains: 50" w. 18¾" repeat. $51 a yd. "Coralito" cotton fabric on footstool: 51" w. 9" repeat. $25.50 a yd. Both from Brunschwig*, NYC 10022.

Porcelain vase on footstool: 4" h. At Ronaldo Maia, NYC 10021.

Porcelain ginger jar mounted as lamp: 12" x 28" h. From Taiwan. All other porcelain: 19th c. From China. **Natural and woven straw basket:** 13" x 9" x 9" h. One of set of three. **Straw basket:** Square bottom. 20" d. 5" h. All at Altman's, NYC 10016.

Painting on table behind sofa: "Orchids", water color on paper. 23" x 19". By Elizabeth Osborne, 1978. At Fischbach Gallery Associates, NYC 10019.

Cotton durrie rug: 12' x 8'8". From India. About $2,000. From Stark Carpet*, NYC 10022.

Paint on walls: Custom mix. House & Garden Green Mint latex flat. At Janovic/Plaza, NYC 10021.

BRINGING CHINA HOME

Page 149, Second row, far left

"Staghorn" silk fabric: 42" w. 10½" repeat. **"Fanfare" silk fabric:** 42" w. 4" repeat. Both handwoven in China. From Jack Lenor Larsen*, NYC 10022.

Page 160

Cotton tablecloth: 72" x 90". Openwork design. Hand embroidered flowers and hemstitched border. With 12 napkins, $75. **Blue and white porcelain:** Soup tureen: 13" w. c.1830. With lid, $850. Teapot: 5½" d. 7" h. c.1790. $450. Teacaddy: 4½" w., 6" h. $225. Bowls: 6¾" d. x 3" h. Ming Dynasty, c.1628. $75 ea. All from China. Handpainted silk screen: 6' x 5' h. From China. $525. Silk screen and porcelain pieces, all one of a kind. All at Altman's. NYC 10016.

Page 162

Boudoir cases: $10. **Shams:** $20. **Sheets:** Twin, about $85. Queen, about $95. King, about $120. All hand embroidered in China. Imported by Benjamin M. Jabara. In May. at Altman's, NYC 10016.

EASY FIX-UPS

Pages 180-183

Weathervanes: Custom-made by Ivan Barnett Handmade weathervanes, Stevens, Pa. 17578.

Plant and flower shops: Renny, 27 and 251 E. 62nd. St., NYC 10021. Design for Entertaining, at the same addresses.

Custom hand-painted fabrics: By Stephen Montgomery, 340 E. 57 St., NYC 10022.

HOLD-EVERYTHING SHELVES

Pages 196-197

Quilt on wall: "Borrowing from Peter to Pay Paul" cotton crib quilt. c.1880. $485. At America Hurrah, NYC 10021.

Chrome pharmacy lamps: Adjustable stands. $65, ea. through the end of April. At Bloomingdale's, NYC 10022.

Antique-handled baskets: $35-$95. At Thos. K. Woodard American Antiques and Quilts, NYC 10021. **Rattan, woven baskets with lids:** Large, $60. Small, $40. By Wicker Wicker Wicker*. From LCS*, NYC 10021. **Antique baskets with tassles:** From China. Small, $28. Large, $38. At The Gazet NYC 10022.

"Yellow Heart", "Forget-me-not", a "Cervé" wallpapered wooden boxes: Sm $19.50. Medium, $26.50. Large, $32.50. of three, $78.50. Mailing, $2.50 per b At The Mediterranean Shop, 876 Madis Ave., NYC 10021.

Stereo equipment: Front access, 2-mot 3-head stereo cassette deck: 16 17/32" x 14 x 7⅜" h. "Dolby" electronically control DC motor for capstan drive. Walnut gr veneered top & side panels. $650. AM/F stereo receiver: 20¾" x 17 5/16" x 6 15/16" DC power. Walnut grain veneer. $7 "Quartz PLL" Direct-Drive Full Automa Turntable: 18½" w. x 16 7/16" d. x 5 13/16" All-electronic control. Acrylic cabin $449. All by U.S. Pioneer Electronics.

"Omnivision IV VHS" video cassette corder: Advanced digital timer starts a stops the recorder at any desired length time. 2- or 4-hour player. Built in VH UHF TV tuners for standard recepti $1,095. **Solid state 13" color portable T** Simulated wood grain cabinet. $425. Bo by Panasonic.

Kitchen equipment: Top shelf: Food proc sor: CFP-9. $140. By Cuisinart. Flour sift 5-cup. $3.99. Brown striped mixing bo 4 qt. $7.99. Pyrex measuring cup: 1 $2.39. Pyrex glass bowl: 1 qt. $1.99. Sta less steel measuring cups with handle: $4. First shelf, left to right: Black steel 9" c pan: $4.99. Fluted tin brioche mold: $1. Professional rolling pin: $17.99. Gourm rolling pin: $2.50. 10" spring form: $4. Second shelf, left to right: Ribbed sou dishes: 1 qt., $2.99; 1½ qt. $3.99; 2 $4.99. By Corning. Cast-iron muffin p $7.99. 10" black steel bread pan: $5. Cast-iron corn bread mold: $7.99. Du oven: 5 qt. $49.99. By Le Creuset. Th shelf, left to right: Stainless steel "Co coussier": 8 qt. $120. By Cuisinart. 10" c rack: $1.09. Gripstand mixing bowls: 8 $15.99; 3 qt. $7.99. Professional stain steel stock pot: 20 qt. $39.99. All at 1st S Housewares, NYC 10022.

TOUCH OF CROCHET

Pages 194-195

"Lustre" cotton and polyester towels: Ba 25" x 50", about $7.50. Hand, 16" x 3 about $4.25. Bath mat, 22" x 34", abo $9.50. By Fieldcrest.

Hand and bath towel kit: 4 pull ske (1 4/10 oz. ea.) machine washable "Cot Crepe" cotton crochet thread. By Willi Unger. Aluminum crochet hook, size Instructions. $11.75, ppd. **Bath mat kit:** skeins "Cotton Crepe" thread. By Willi Unger. Aluminum crochet hook, size Instructions. $9.35, ppd. Both designed Miriam Greenfield of William Unger. Ord from Scandinavian Import, P.O. Box 34 Madison Square Station, NYC 10010.

Bathroom fixtures: The Tilche Suite. American-Standard.

ORCHID CLOSET

Pages 188-189

Horticultural design: David Madison. 5th Ave., NYC 10003.

Continued on page 22

R.J. REYNOLDS TOBACCO CO.

The Preferred Taste

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Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

10 mg. "tar", 0.8 mg. nicotine av. per cigarette, FTC Report MAY '78.

BATH UPDATE
Pages 186-187
Cotton fabric covering walls: No. 1013. 52″ w. From Ratti d*, NYC 10019. **Upholstering, custom draping, and shirring of fabric:** By Luis Peréz for Mac II.
Sisal matting covering wall and floors: 3′, 9′, and 12′ w. $12 a sq. yd. Imported from Holland by Alison T. Seymour. At Karl Mann*, NYC 10022.
"Adam's Rib" cotton and polyester friction rub towels: Hand and fingertip towels, washcloths, bath mats, and bath sheets. By Wamsutta. **Slant board:** 18″ x 65″. For general exercise, strengthening lower back, relaxation. In rust or green fabric or COM. $125. *Manya Kahn Body Rhythms, a New Approach to Exercise,* $15.95, ppd. Two-record album set, $11, ppd. Book and record set, $25, plus $1.85 postage. At Manya Kahn Salon, 12 E. 68th. St., NYC 10021.
Dressing-table mirror: Wood inlaid with mother-of-pearl and ivory. 19th c. From Syria. From J. Garvin Mecking, NYC 10021.

WINE AND FOOD COVER
Page 199
Clear beechwood tray: White Formica inlay. Brown Formica bottom inverts for use as table top. From Denmark. Large, 23½″ x 15¾″ x 2¾″, $54. Small, 16″ sq. x 2¾″, $44. Collapsible clear beechwood tray legs: Canvas strap. Can be turned sideways as base for glass table top. $21. **Handmade stainless steel dinnerware:** Designed by Kay Bojesen, 1938. From Denmark. 31 different pieces. 4 pc. stainless steel place setting: Dinner fork, dinner knife, tablespoon, teaspoon. $25. $2, postage. All at Peter Condu of Sweden, 19 Christopher St., NYC 10014.
"Separates" stoneware: 20 pc. service for 4, $69.95. By Bob van Allen for Mikasa.
"Baseball stripe" and "Yum Yum" cotton and linen napkins: Both 20″ sq. $2.50 ea. By Katja.

TWO-DISH MEALS
Pages 201-205
Cotton placemat and napkins: Both in red, blue, green, yellow & brown. From Denmark. Designed by Peter Condu. Pewter napkin ring: from Sweden. $6. $2, postage. All at Peter Condu of Sweden, 19 Christopher St., NYC 10014.
Solid state 13″ Porta Color TV: In Ivory or wood grain. $320. By General Electric.
Composed wooden table: 39⅜″ sq. x 28¾″ h. Polyester lacquer finish. In seven colors and wood finishes. Six sizes from coffee table height to conference table size. Wood or polish chrome legs. Size shown, $2,500. Designed by Charles Pfister for Knoll International*, NYC 10022.
"Campagna" handpainted earthenware service plate (pg. 204): 11½″ d. $18. At Richard Ginori, NYC 10022.
Cotton and linen towel: $2.50. **"Baseball" and "Pin Stripe" cotton napkins:** $2.75 ea. By Katja.



BUILDING DATA

Materials and equipment used in the house on pages 174-179

ARCHITECT: Samuel J. Neustadt
LANDSCAPE ARCHITECT: Samuel J. Neustadt
INTERIOR DESIGNERS: Jana and Samuel Neustadt
CONTRACTORS: Jana and Samuel Neustadt
SIZE OF HOUSE: 2,500 square feet
SIZE OF LOT: 3 acres

STRUCTURE
Foundation: Concrete block walls poured concrete footings.
Framing: 2″ x 4″ wood studs 24″ on cen with plywood sheathing floor and roof jo as required.

EXTERIOR OF HOUSE
Exterior walls: 1″ x 6″ "V" groove ce siding by Idaho Forest and the Potla Corporation.
Exterior satin: #0388 Bleaching Stain Samuel Cabot Inc.
Roof: Built-up roofing.
Insulations: In walls, 3½-inch batts of fib glass; in room, 5½-inch batts of fibergl
Windows: Aluminum-framed Acorn se 2200 windows.
Doors: Aluminum-framed insulated gl doors by Silverline Mfg.
Skylight: Venterama Skylight Corp.

INTERIOR OF HOUSE
Interior walls and ceilings: In major roo and kitchen, gypsum board; in baths, 1′ 6″ "V" groove boards.
Floors: In major rooms, red oak st flooring by Bruce Oak Flooring Div., E Bruce Co., Inc.; in kitchen and baths, 6′ 6″ quarry tile by the American Olean T Co.
Lighting fixtures: Recessed incandesc lighting fixtures by Atlite; in dining ar pendant lighting fixture by Habitat.
Interior paint: White paint by Dutch B
Hardware: Brass and brushed chrome ha ware on cabinets by Simons hardware, doors by Schlage Lock Co.
Kitchen and bathroom cabinets and co tertops: White Formica cabinets and co tertops custom designed by the architect
Plumbing fixtures: In kitchen, Elkay s with American Standard fittings; in bat American Standard fixtures.

MECHANICAL EQUIPMENT AND APPLIANCES
Appliances: Dishwasher and range by Fr idaire, Div. GMC; freezer by Kelvinat refrigerator by Allis-Chalmers; washer a dryer by Whirlpool Corp.
Hot-water tank: 52-gallon tank by Jacks
Heating System: Solar system with elec cal baseboard backup system; thermostat Chromalox. ■

MANUSCRIPTS
House & Garden assumes no responsibility for unsolicited manuscripts, photographs, plans, or other material. All must be accompanied by return postage and self-addressed envelope.

ter a hard day photographing, we uld get together with our Chinese sts at a banquet—the Chinese way welcoming and celebrating. These nderful meals gave us the opportnity to talk in a more relaxed way h each other. In Peking we ran out of enings for banquets, so we returned r hosts' hospitality with banquets at nchtime.

The food we had in China was marvels. Always fresh, the vegetables were ecially delicious, and we had an almost inite variety of dishes. Some of our vorites were freshwater stir-fried imp, a Shanghai specialty; Shanghai bs, a delicacy available only for about veeks in late October/early November; cy beef on a skewer; Mongolian hot pot h bamboo shoots and mushrooms; ized sweet and sour pork; the famous king Duck (at the Old Peking Duck staurant on Chien Men Street, Peking). e had crispy and steamed noodles, the ry best light steamed rice, a wonderful ection of steamed dumplings and eads, such as "silver thread" bread nich opens out into thin strips as you eak it. Desserts included Mandarin anges and a sweet rice and fruit pudng. Soups, which came at the end of the eal, were always filled with delicious orsels such as asparagus tips, chicken vers, bamboo shoots, peanuts, and little ffy dumplings. Our hotels all offered th Chinese and Western menus, which cluded tasty jam omelets and cream ffs, braised beef and mashed potatoes, icken and fish. Even the boxed lunch we d at the Ming Tombs was excellent—ck, ham, chicken, Chinese sausage, an ple, and a Chinese cookie.

HANGING TIMES

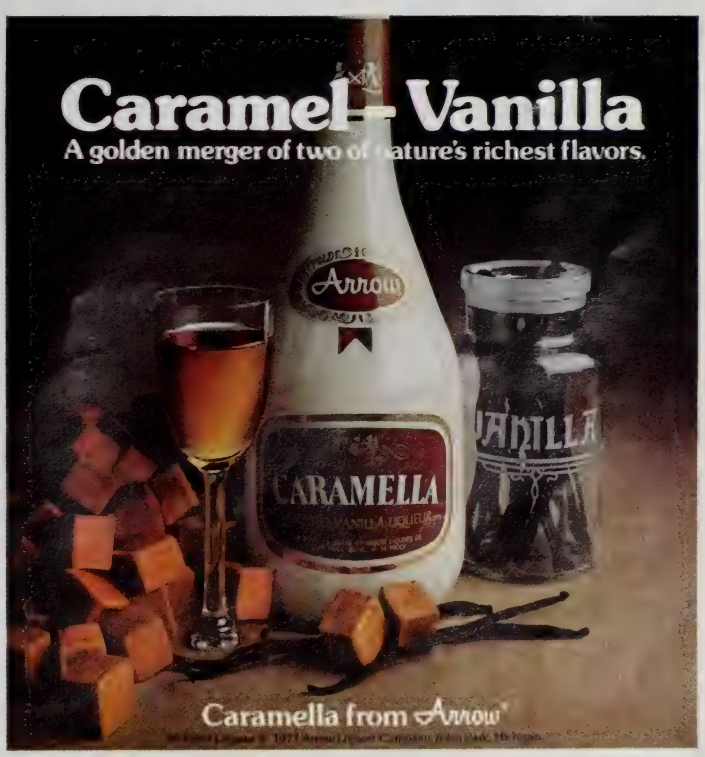
ur guide, Mr. Wang, was very interested food. He told us he cooked at home, d on birthdays or special holidays, his mily usually had a banquet or went to a ovie. American movies are now reaching nina (competing with the Japanese), and e heard *The Sound of Music* had been a eat success. There are about 2 million V sets in China, few of them privately vned. Most of them belong to groups ch as neighborhood groups or ganizations. On the other hand, nearly l the Chinese have radios—and a bicye. Table tennis is the most popular ort, with basketball a close second. pera, ballet, puppets, and gymnastics e all popular Chinese entertainments. 'e were lucky to get tickets to see a spec cular dance performance in Peking, *The lagic Lotus Lantern,* which is very opular with visiting foreigners.

Until recently, it was forbidden to hold ands in public in China. Even now, when we asked a student in Peking if he liked to take girls out, he confessed, "I do not like to think of such things. It might affect my mind and stop me working." But we did see young Chinese holding hands quite openly, even for our cameras.

We were particularly interested in talking to the Chinese women we met during our trip. Mrs. Liu Ku-fang was our interpreter at the banquet given for us by Mr. Kao. She was very lively and wore a well-tailored gray jacket and pants with a white scarf. Her English was excellent, and during the dinner we asked her how she was able to work such long hours and raise a family. She told us that her husband was an official in the Ministry of Foreign Affairs, and they had met when they were in school together. They had two children, aged 10 and 2. The 2-year-old child was looked after by their grandmother, the other went to school. All three generations live together in a small Peking apartment. Both the parents worked 6 days a week. In spite of what must have been an arduous schedule, Mrs. Liu clearly enjoyed her work.

Imagine the difference between Mrs. Liu's life and that of Chow Ching-li, a Chinese girl born in Shanghai in 1936, whose memoirs have recently been published *(A Journey in Tears,* McGraw-Hill). Chow Ching-li was forced into an arranged marriage when she was 13, bore her first child at 14, lived a life of total subservience to her in-laws, and was prevented from pursuing a promising career as a pianist—customary restrictions before 1949. Mrs. Liu's life makes a happy contrast with this story of obsolete ritual.

Another personal encounter filled with contrasts was with Wang Tsu-kang, a master paper cutter we met at the Shanghai Arts and Crafts Research Institute. (The traditional Chinese art of paper cutting is a delicate skill using one piece of paper and one cutting movement to produce the most intricate freehand patterns.) Wang Tsu-kang told us he had learned the art from a master when he was 13, and had been working at it for 46 years. Before Liberation, he sold his paper cuts in the streets. Now he teaches students at the Institute. For him, Liberation has meant food, clothing, somewhere to live, and a place to practice his art with dignity. *(Continued on page 223)*



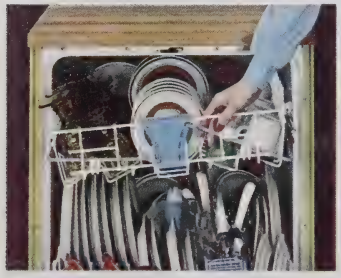


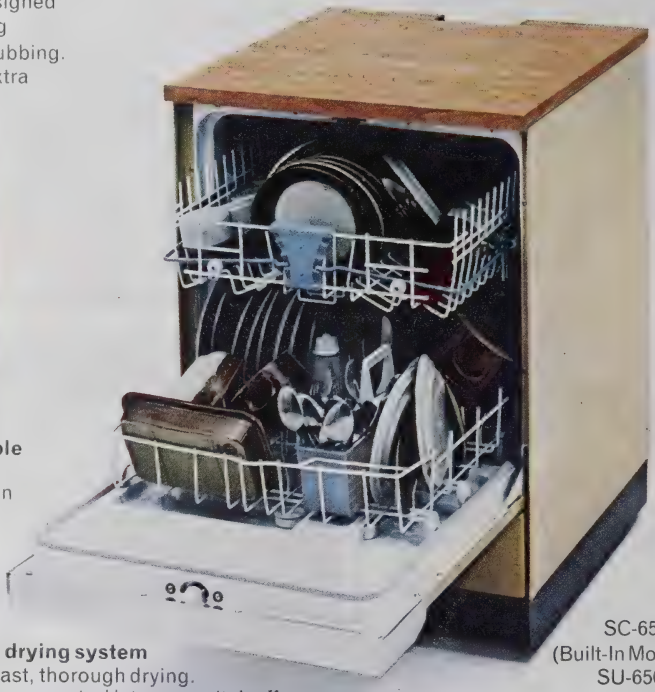
"If you hate to wash dirty dishes as much as I do, let White-Westinghouse do them...all of them."

Pearl Bailey

WITH THIS NEW WHITE-WESTINGHOUSE DISHWASHER YOU GET A LOT OF DELUXE FEATURES AT A PRICE THAT WILL SURPRISE YOU!

A powerful new water pump, newly designed wash-arm, and three separate washing levels give your dishes a thorough scrubbing. A special **Pots & Pans Cycle** gives extra wash time to remove extra heavy soil.





SC-650A
(Built-In Model
SU-650A)

The White-Westinghouse dishwasher handles big loads...up to 12 complete place settings. A 16 position **adjustable top rack** takes tall glasses, and other bulky pieces. Each cycle begins with an automatic **power pre-rinse,** to flush away bulky food soils. The **new detergent dispenser** has two covered compartments which release detergent automatically during wash cycles, and a rinse agent during the final rinse. A **power drying system** circulates warm air around dishes for fast, thorough drying. If fast drying isn't needed, an energy-saver control lets you switch off the heating element to save electricity. The convertible portable model shown is available in White, Almond, Coffee, Avocado and Harvest Wheat. The built-in model comes with reversible "Choose 'n Change" panels for all five colors. Other panels and custom trim kits are available as options. Every model features self-cleaning **porcelain on steel** interior tub and door for lasting beauty. All White-Westinghouse products are backed by NATIONWIDE SURE SERVICE® with thousands of factory trained service technicians for prompt, professional service anywhere you live or move in the U.S. See your White-Westinghouse dealer soon, and let White-Westinghouse start doing your dishes.

For warranty information, see your White-Westinghouse dealer.

SO REMEMBER. IF YOU HAVEN'T LOOKED AT WHITE-WESTINGHOUSE, YOU HAVEN'T LOOKED!

One of the White Consolidated Industries

White-Westinghouse

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China journal
tinued from page 221

OPPING IN CHINA

our 2-week stay, we also found time to p. The Friendship stores in each city e full of good things, from cashmere ves to antique embroideries. We also nd interesting things in the department es— colorful cotton underwear, pad- jackets, fur-lined bonnets for babies. seum shops had fine reproductions, even the hotels had beautiful things in r lobby shops—jade beads, paper s, scrolls, rubbings.

AGONS ON THE WALL

well as shopping, taking 7,000 otographs and talking to as many peo- as we could, we saw some of the most aordinary buildings and museums in world. We loved the old city in nghai, and the beautiful curling gon walls in the Yu Yuan garden; the seum of History in Peking, where we the development of bronzes, porce- ns, and paintings that have inspired the rld; the Great Wall, winding over the untains at the Mongolian border, so numental it's visible from an orbiting cecraft; and unforgettable Forbidden y, palace after palace guarded by den dragons, decorated in red, green, low, and gold—an architectural sterpiece.

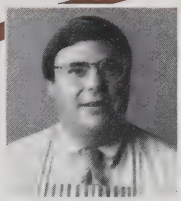
China is unique in its contribution to lization. The Chinese invented paper, amics, pig iron, the compass, gun- wder, rudders for ships, and, most in- ious of all, the examination system— he most powerful institution ever in- ted by man," as Professor John K. rbank said in one of his 1974 Harvard tures on China (available on cassettes, l essential listening for any serious ina student).

When we looked at the Temple of aven, the water buffaloes in south ina, the cozy rooms in the Forbidden y where the Dragon Countenance took pleasure, the thousands of unlighted ycles streaming through the dusk nd Tien An Men Square, the perfect of chrysanthemums in a Soochow den, we were looking at clues to the rets of the ancient and modern world China.

The sight of a young carpet weaver rking on the ancient symbolic ountain-and-waves border on a rug, or a worker embroidering a plum blossom, nbol of spring, vitality, and hope, says re about the tenacious quality of inese civilization than any museum. hat modern China tells us is something probably always knew or hoped—that human spirit is both infinitely creative d miraculously indestructible.■

Cornelius

for Corning



Chili recipes are always popular, but this year they're hotter than ever. Besides the annual Wick Fowler Championship in Texas, there were competitions everywhere from California to Connecticut. Well, whatever your recipe, chili is spilly. So here's a tip to make serving it as easy as pie. Or rather, as easy as Corning's 9" pie plate: a versatile, plain white Corning Ware® item which I own stacks of and use instead of dinner plates for anything that tends to runneth over. Like...

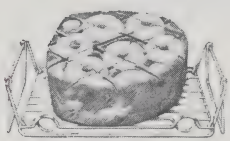
Chili con Corning.



4 T. oil
3 cloves garlic, minced
3 medium onions, chopped
3 lbs. beef chuck in ¾" cubes
4 T. chili powder
4 T. flour
1 green pepper, minced
2 tsp. chopped canned jalapeño peppers
1 tsp. each cumin seeds, oregano, celery seeds
1 bay leaf
1 can (28 oz.) Italian plum tomatoes, with juice
1 can (10 oz.) beef broth
2 cups corn kernels
1 cup sliced black olives
Salt and pepper to taste

Heat oil in skillet; lightly sauté onion and garlic; remove to a 5-qt. Corning Ware saucepot. In same skillet, lightly brown meat; add to saucepot. Mix chili powder and flour and blend into meat/onion mixture. Add all other ingredients except corn and olives. Heat to boil, stirring constantly. Move to 250° oven and bake covered 2-3 hours until meat is tender. Add corn and olives; bake 10 minutes more. Take the whole Corning caboodle directly to the table and serve in the pie plates with rice and cole slaw. Or cover and freeze. Serves 8 normal people or 6 chili aficionados.

Off the beaten rack.



One of the lesser-known Corning accessories is a truly unique roasting rack. It's so adjustable it handles anything from a 5-lb. Easter ham to an 18-lb. Thanksgiving turkey—then it forms handles for lifting out the roast. And it's as inexpensive as it is ingenious!

Le chef Pyrexcellence.

When I first started cooking, I would often rush into a recipe without pre-measuring the ingredients—only to find myself later in mid-stir, grabbing for sugar or spice canisters with batter-coated hands. Today I wouldn't crack the first egg without first laying out each ingredient in its own Pyrex® ware "custard" cup—perfect for this purpose because they're just the right sizes (6 oz. and 10 oz.), inexpensive enough to own lots of and stackable for storage. They save time and temper, and make you feel oh, so organized.

At your service,

Cornelius

CORNING

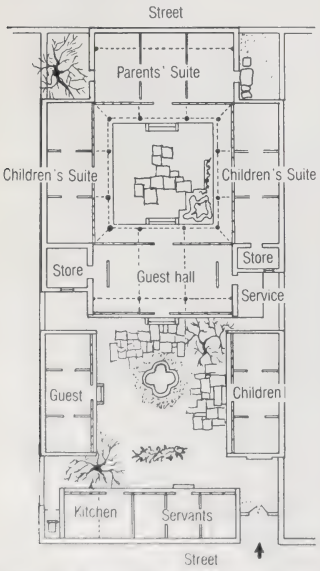
CORNELIUS O'DONNELL, CREATIVE SERVICES, DEPT. H-3, CORNING GLASS WORKS, CORNING, NY 14830.
CORNING WARE AND PYREX ARE REGISTERED TRADEMARKS OF CORNING GLASS WORKS, CORNING, NY 14830

Splendor of architecture
continued from page 172

Revolution in Tien An Men Square, Peking, and is now working on redesigning Liu-li Chang, the old shopping street. "All the new buildings will be built in the traditional style, some of the existing old buildings will be preserved, and a few old shops of exceptionally fine design might be removed from somewhere else to be incorporated into the new street façade. We hope the new Liu-li Chang street, when completed, will be worthy of its old heritage and will show Chinese art and architecture in their full splendor." Since Liberation, Dr. Chang says, "we have been very busy building more houses to meet the most urgent needs of our people. In Peking alone, the post-liberation housing construction has already exceeded the total accommodation ever provided in the past history of the city."

In the countryside, people are still building their own houses, which are more or less traditional, according to Dr. Chang, using only local materials. A typical traditional Chinese house was built around several courtyards, (see picture). The Cheng Tu restaurant in Peking was formerly a private house, designed on traditional lines, and you can see examples in Soochow. Dr. Chang says that students take courses in traditional architecture and study old buildings such as these. "In the past," he explains, "the courtyard was usually surrounded on its four sides by one-storied buildings. Now the land is very valuable, and we have to build multistoried apartment dwellings. In order to ensure good orientation for every apartment, these dwellings are mostly grouped in rows, thus making the courtyard less feasible. Nevertheless, some new buildings, especially those in south China, have successfully incorporated into their design courtyards with rocks, plantings, and pools, to provide not only pleasant outdoor living space, but also a touch of national style."

Restoration work of Chinese traditional buildings is being given high priority, and in the Temple of Heaven one can see the results, as the brilliant colors and gleaming gold sing out from the spectacular dome. This is an example of a national style that has developed continuously for more than 2,000 years. It is awesome to realize how architecture, for the Chinese the ultimate expression of the harmony between man and nature, can last through centuries and still bring meaning and excitement to our lives. ■



Plan of a traditional Chinese house, combining indoor space with open air.

Spun apples
continued from page 168

☐ Place a large serving plate and a large bowl filled with 1 quart cold water and a dozen ice cubes near the cooking area. In a 2-quart saucepan, heat the peanut oil to 350°. Take the coated apple pieces out of the batter one by one and fry in the oil until light brown, about 2 minutes. Fry 7 to 8 pieces at a time. Put on a tray to be refried later and keep the oil hot. (This step can be done ahead of time, but reheat the oil).

☐ To a wok, add 1 teaspoon of the peanut oil, the sugar, and water. Slowly bring to a boil, stirring only until the sugar is dissolved. Cook this mixture until it reaches the medium-hard crack stage and its color changes to light brown—i.e. when a drop of the syrup put into ice water forms a hard sugar mass instantly.

☐ Turn the heat down to its lowest point. Reheat the apple pieces in the hot oil. Immediately lift them out of the oil, put them into the hot syrup, and sprinkle on the sesame seeds. Turn heat to medium and stir the wedges to coat them thoroughly with the syrup. Take them out one by one and drop them into the bowl of ice water. The syrup coating will harden instantly. Use a strainer to transfer the Spun Apples from the ice water to a serving plate. Serve immediately. Serves 8-10 as a dessert (24 Spun Apple pieces). ■

From *Florence Lin's Chinese Regional Cookbook* by Florence Lin. Copyright © 1975 by Florence Lin. Reprinted by permission of Hawthorn Books, Inc.

Traveling to China
continued from page 96

thing you need—a good bed, reading lamp, a window for star gazing. Brought along a minimum overnight kit—fresh makeup, moisturizer, and a lightweight robe. But no need to: JAL supplies scuffs and a full-length cotton kimono—a yukata. Stayed in my bed 7 hours and slept. Arrived in Tokyo in the early evening and met the others coming from New York. Together boarded the JAL flight for Hong K around 9 P.M. Landed at midnight.

"Experienced travelers to the O advised us to take a 2-day rest after the Pacific flight. We enjoyed ours at the urious Peninsula Hotel. From Hong K took a train to Canton to join Judith man, our liaison with the Chinese gov ment. With her we went to see the China Export Commodities Fair. Then to Shanghai for 5 days and finally o Peking for a week. Within China, yo the Chinese government airline, whi excellent."

Miss Seebohm: "The flight from New refuels in Anchorage. Coming in, there wonderful views of glaciers and snowfi A welcome break in a long trip. Got off plane and vigorously marched aroun rev up the circulation. In flight again dozed and read, drank lots of water, a applied moisturizer to my hands and fa counteract the dryness of the air. The f service was outstanding—all the stew dressed with naval precision—soups particularly good. Japanese meals c from the Nippon restaurant in New Y Once in Tokyo, we continued on that s night, but some people break the trip t for a couple of days' rest before continu directly into China.

"Homebound, we stopped overni near the new Tokyo airport. We were lighted with JAL's Narita Nikko Hot every room with a view of pine woods. a shower, massage, then back to the airp to the hairdresser to refresh ourselves the rest of the trip home. Good restaura and shops in the airport, too.

"Leaving Peking there is a JAL fli Monday, Wednesday, and Friday to Tok Tip: In China, suitcases with wheels folding luggage cart will make your tri great deal easier."

■ JAL TOURS TO CHINA:
Although for the past few years Americ wanting to go to China have had to invited in special groups by the Chin government, it is now possible for American who wants to go to take a J tour. From March through December, J has planned 20 tours. As the tours booked, JAL is wait-listing for next y The Chinese still have to be selective ab the number of visitors until they have m hotel accommodations. JAL's U.S./Ch tours leave from San Francisco or N York; some fly to Hong Kong and en China from there, others connect throu Tokyo and fly directly to Shanghai or king. The 17-23-day itineraries inclu visits to 4 or 5 cities from a possible list 25. JAL's brochure *Friendship Tours China 1979* is available through JAL offi and gives itineraries, departure dates, t conditions, and prices. The average pr from New York, including airfare and la costs, is $3,000. From San Francisco, about $300 less. ■

HOW TO BUY AND PLANT A TREE

Choosing, planting, nourishing a new tree in your garden

you have decided to plant a tree, good about it: It's a good deed. You be helping a tree establish itself in ome for many years.

lect a medium-sized tree. Many peo- hink the biggest of the bunch will the best, but this is not necessarily Balance is more important than Look up as well as down. You want e of moderate size because the top roots will more likely be in better nce.

ost field-grown, deciduous trees are rcut, dug, and handled with little or soil on the roots; hence the term root.

arge, vigorous trees will have a large portion of roots cut. With this low -to-top ratio, more severe pruning is ssary to reduce the top to a size re the roots can supply it with suffi- t water. If left unpruned, the end re- may be a smaller tree of low vigor.

lost field-grown evergreen trees are with soil around the roots. The soil is wrapped in burlap. This method andling is called "ball and burlap" B). The bigger the tree, the bigger rootball. If different sizes of trees are with similar size rootballs, the ones larger tops may have poor vigor. or greater uniformity, ease of han- g, and increased mechanization, the 20 years has seen a surge in con- er-grown trees. In a group of trees in tainers of the same size, a medium- d tree will provide the best chance of sfactory performance.

n sum, whether you're buying a bare- t, balled-and-burlapped, or a con- er-grown tree, avoid the smallest and largest.

QUALITY

ot quality at the time of planting can- be overstressed because certain root ects can doom a tree to death or poor wth. A well-formed root system is metrically branched with the main ts growing down and out to provide nk support. Container-grown and led-and-burlapped plants should have ous roots sufficiently developed so the tball will retain its shape and hold to- her when removed from the container or the ball is moved. The main roots should be free of kinks and circles.

Kinked and circling roots, if not corrected, can cause weak root support, with the result that a tree cannot stand upright without support. Also, girdling of the main roots restricts movement of water, nutrients, and food.

To check for kinked or circling roots, brush away soil on top of the rootball or stick your finger in the top 2 or 3 inches near the trunk. You can usually see or feel them in the top of the rootball.

The unstaked tree is a better buy than the staked tree. An easy way to check for adequate trunk development is to untie the tree from its stake and bend the top to one side. It should bend evenly along the trunk and return to within 20 to 30 degrees of vertical. If it doesn't, try to find a stronger tree. If you can't, realize that you must then provide special care for your tree to develop properly.



Trim off any unhealthy roots or tips. Set tree in hole so original soil line is above surrounding soil; spread roots evenly. Work backfill around roots. Firm gently with foot, eliminate air pockets. Bring soil into contact with roots by running water slowly.

The bark should be free of injury from staking or improper handling.

If the tree is in leaf, foliage is a good indicator of tree condition. Leaves should be dark green and evenly colored according to the species. Scorched edges or unusual yellowing are signs of problems.

Proper care of the tree after purchasing is as important as proper selection and planting. It should be kept moist and cool (especially true with a bareroot tree) so buds won't grow before the tree is planted.

Bareroot plants can also be "heeled in" for a short period near the planting site, preferably in shade to prevent moisture loss and to keep buds dormant. Cover the roots with either moist sawdust or soil worked in around the roots to avoid air pockets. If heeled-in, set the plants in a trench so that their tops can be leaned toward the southwest.

Most containers are made of dark-colored materials. If left exposed to the sun, soil temperatures near the side of the container can get high enough to kill the roots. Protect from sun.

SITE PREPARATION

Some soils need little or no amending to provide a suitable rooting medium that holds moisture while allowing proper aeration.

There's an easy way to find out what kind of soil you have. Pick up a handful and squeeze. A ball of clay will remain in a tight, ridged lump. Loam will hold its shape, but will crumble if you poke it. Sandy soil will begin to fall apart as you open your hand.

Soils which are either quite sandy or clayey will be improved by adding organic matter (peat, compost, nitrified bark, or well-decomposed sawdust) to the backfill at a rate of two parts soil to one part organic matter. Sandy soils usually have good aeration, but do not retain much water. Organic matter will increase the moisture-holding capacity of sandy soil.

At the other extreme, clay soils hold a lot of water but may be poorly drained and aerated. Organic matter will help improve drainage and aeration of clay soils by separating some of the particles to provide paths for water and air.

Continued on next page

apted from the Ortho Book The rld of Trees *($3.98). Copyright 977, Chevron Chemical Company; permission of the Ortho Book Series.*

continued from preceding page

To know how well your soil drains, dig a hole and fill it with water. Let it drain and refill. After the second filling, the water should drain at about a quarter of an inch per hour. If it drains much faster, the soil is sandy and well-drained. If it drains much slower, there are several possibilities: clay soil, compacted soil, or a compacted layer below the surface.

Soil around new homes, former paths or drives, or old farmland may be severely compacted. If your soil is near its original grade, only the top 6 to 10 inches will be compacted. If fill soil has been brought in, the compacted zone will be that much deeper. In these situations surface soil or soil from below the compacted layer, mixed with a little organic matter, should be used for backfill.

If the soil is completely unworkable, and some soils are, large containers can be the answer. A container allows you to select a lightweight, well-drained soil.

■ PLANTING

Before planting, cut back any injured, diseased, twisted, or dead roots to healthy tissue. The bottom of the hole should be firm and level for container-grown trees. A slight rise in the center makes spreading of the roots of bareroot trees easier. Spread the roots in the bottom of the hole to provide good anchorage and to prevent circling.

With balled-and-burlapped trees, fold back the burlap at least 2 inches below the soil level. Leaving it exposed creates a wicklike action that will dry out the soil faster than normally. Carefully slice the burlap on the sides and bottom of the rootball to allow for easy root penetration.

Burlap generally rots away within a year; however some burlap may be treated with a preservative for nursery keeping, in which case the burlap should be removed before planting. Ask your nurseryman.

Don't place fertilizer in the planting hole or mix with the backfill soil. This can result in plant injury. Most trees will grow well the first season without additional fertilizer.

If staking is necessary, plant the stake with the tree.

Work the soil in around the roots so they are not compressed into a tight mass, but are spreading and supported by soil underneath. Firm the soil with your foot, taking special care not to tear, bruise, or debark the roots. The original ground level in the nursery or of the rootball should be 1 or 2 inches above the finished ground level for clay or loam soils, and about even with the surrounding soil if extremely sandy. A dark-to-light color change below the bud union, if any, on the trunk indicates the original soil level in the nursery.

Make the watering basin for trees at least 30 inches in diameter. Twice the size of the rootball is a good rule of thumb. A ridge 4 or 5 inches high—with soil dug from the planting hole—makes it possible to wet the soil thoroughly.

Fill the basin with water to further settle the soil and to provide roots with water. This can be done effectively by using a 3- or 4-foot pipe on a hose. Force the pipe, with water running, thro the soil around the roots or rootball area of 30 inches in diameter of bare around the tree will also prevent dan to young trees from lawn mowers.

All plants require water to grow. T are a number of ways to water effic ly: basins, furrows, sprinklers, soak or drip systems. The most impor goals are to eliminate run-off, to cor water inside the drip line of branc and to apply uniformly.

Even though nursery conditions have been nearly ideal for rapid gro a young nursery tree may not be v adapted for good performance in landscape. But you can, with a l looking, find a good tree, one that live up to your expectations.

Basins



Build a basin so water soaks down into rootball with a minimum of runoff. improve rooting build a double basin. rainy weather cut basin wall for draina

Small garden and patio trees

Small, well-behaved trees that provide shade and seasonal show while allowing for patio and garden activities.

Acer spp.	Maple
Amelanchier spp.	Serviceberry
Betula populifolia	Gray birch
Cercidiphyllum japonicum	Katsura tree
Cercis canadensis	Redbud
Chionanthus virginicus	Fringe tree
Cornus spp.	Dogwood
Cotinus Coggygria	Smoke tree
Crataegus spp.	Hawthorn
Halesia carolina	Snowdrop tree
Koelreuteria paniculata	Golden-rain tree
Magnolia spp.	Magnolia
Malus spp.	Crab apple
Ostrya virginiana	Hop hornbeam
Oxydendrum arboreum	Sourwood
Prunus spp.	Flowering fruit trees
Pyrus Calleryana	Callery pear
Styrax japonicus	Japanese snowbell
Syringa reticulata	Japanese lilac tree
Viburnum Sieboldii	Siebold viburnum

Trees with excellent fall color

In many parts of the North, trees and fall colors are inseparable.

Acer spp.	Maple
Amelanchier spp.	Serviceberry
Betula spp.	Birch
Carpinus caroliniana	Hornbeam
Carya ovata	Shagbark hickory
Cercidiphyllum japonicum	Katsura tree
Cornus florida	Flowering dogwood
Cotinus Coggygria	Smoke tree
Diospyros virginiana	Common persimmon
Fraxinus spp.	Ash
Ginkgo biloba	Maidenhair tree
Larix Kaempferi	Japanese larch
Liquidambar Styraciflua	Sweet gum
Liriodendron tulipifera	Tulip tree
Nyssa sylvatica	Sour gum
Oxydendrum arboreum	Sourwood
Populus spp.	Poplar
Pyrus Calleryana	Callery pear
Quercus spp.	Oak
Rhus typhina	Sumac
Sassafras albidum	Sassafras

Summer-flowering trees

Many trees are colorful long after first spring blossoms are over. Here some summer-flowering trees.

Albizia Julibrissin	Silk tree
Catalpa spp.	Catalpa
Chionanthus virginicus	Fringe tree
Cladrastis lutea	Yellowwood
Cornus Kousa	Kousa dogwood
Cotinus Coggygria	Smoke tree
Crataegus Phaenopyrum	Washington thor
Franklinia Alatamaha	Franklin tree
Koelreuteria paniculata	Golden-rain tree
Laburnum Watereri 'Vossii'	Golden-chain tre
Liriodendron Tulipifera	Tulip tree
Oxydendrum arboreum	Sourwood
Sophora japonica	Japanese pagoda tree
Syringa reticulata	Japanese lilac tr

*Botanical name **Common name

Trees with attractive winter silhouette

afless, these trees provide a handsome outline against the en sky or a background of evergreens. They are winter's ual delights.

Acer spp.	Maple
Aesculus Hippocastanum	Horse chestnut
Betula spp.	Birch
Carya ovata	Shagbark hickory
Cercidiphyllum japonicum	Katsura tree
Cladrastis lutea	Yellowwood
Cornus florida	Flowering dogwood
Fagus grandifolia	American beech
Ginkgo biloba	Maidenhair tree
Gleditsia triacanthos inermis	Thornless honey locust
Gymnocladus dioica	Kentucky coffee tree
Ilex opaca	American holly
Liquidambar Styraciflua	Sweet gum
Liriodendron tulipifera	Tulip tree
Magnolia spp.	Magnolia
Malus spp.	Crab apple
Nyssa sylvatica	Sour gum
Phellodendron amurense	Amur cork tree
Platanus spp.	Sycamore
Populus spp.	Poplar
Quercus spp.	Oak
Salix spp.	Willow

Trees with interesting bark

xture, color, and patterns of bark are important considera- ns when selecting landscape trees.

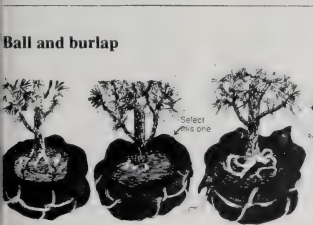
Acer griseum	Paperbark maple
Betula spp.	Birch
Carpinus caroliniana	American hornbeam
Carya ovata	Shagbark hickory
Cladrastis lutea	Yellowwood
Diospyros virginiana	Common persimmon
Fagus grandifolia	American beech
Ostrya virginiana	Hop hornbeam
Pinus Bungeana	Lacebark pine
Platanus spp.	Sycamore
Populus spp.	Cottonwood
Prunus serrulata	Oriental cherry
Salix alba tristis	Golden weeping willow

Trees with attractive fruits or berries

ight colors are not limited to foliage and flowers. Fruits and rries, edible and inedible, can be just as attractive and some- nes last longer.

Amelanchier spp.	Serviceberry
Chionanthus virginicus	Fringe tree
Cornus spp.	Dogwood
Crataegus spp.	Hawthorn
Elaeagnus angustifolia	Russian olive
Ilex spp.	Holly
Malus spp.	Crab apple
Oxydendrum arboreum	Sourwood
Prunus spp.	Flowering fruit trees
Sorbus Aucuparia	European mountain ash

Ball and burlap



B&B trees can be set out anytime. Untie top. You want solid ball of soil, not cracked or broken. Avoid circling roots. After you select the tree, carry rootball gently from bottom; don't use trunk as handle

Continued on page 262



When you think about it, this statement makes a lot of sense.

No matter where, when, or under what circumstances death may occur, there are needs that must be met — for the bereaved family; their friends; their close circle in the community.

The funeral helps meet those needs. It helps those who grieve accept the reality of death. They know it happened. But a part of their mind rejects it, runs away from it.

The funeral takes them gently by the shoulders and turns them to face it. And having faced it, having viewed it, things are easier.

Things continue to be easier (though it may not seem so at the time) as arrangements have them talking with sympathetic friends, reflecting upon moments shared, giving testimony to the life that was lived on earth.

Another thing the funeral does — whether the choice is made for a traditional, a contemporary or a humanist service — is to reaffirm the faith, the creed, or philosophy by which one's life was guided.

As the poet John Donne said: "No man is an island . . . ." His death touches his world. A funeral considers the feelings of all those who shared his life. It is a moment when grief shared is grief diminished.

It is truly a unique moment of sharing . . . for the family . . . for friends . . . for society.



Write for free copy of 32-page booklet, "My Duty." Its 32 pages answer many questions, tell you "what to do" when you are asked to take charge. Tells how to write sympathy notes. Contains many beautiful and consoling poems. Millions of copies distributed. Write: The Clark Grave Vault Company, Dept. HG 479, Columbus, Ohio 43201.

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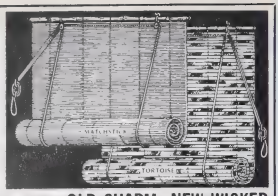
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42"x72"	9.50	14.00
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60"x72"	13.00	19.00
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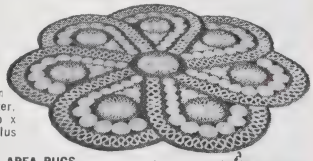
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SOFA—48" Wide x 38" D x 16" high, $100.00.
COFFEE TABLE—35" x 23" x 21" high, $60.00.
END TABLE—24" x 17" x 24" high, $50.00.

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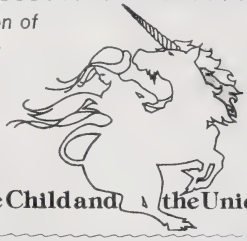
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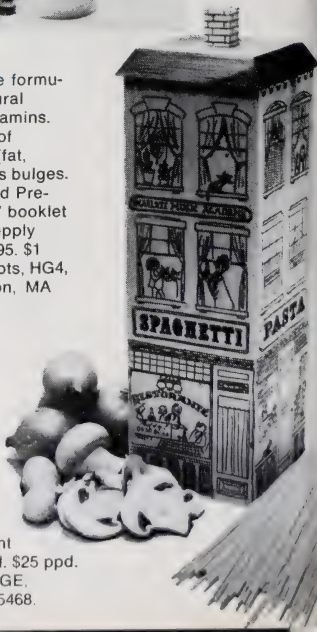


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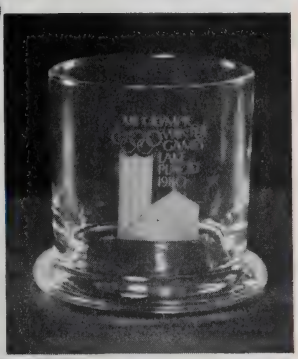
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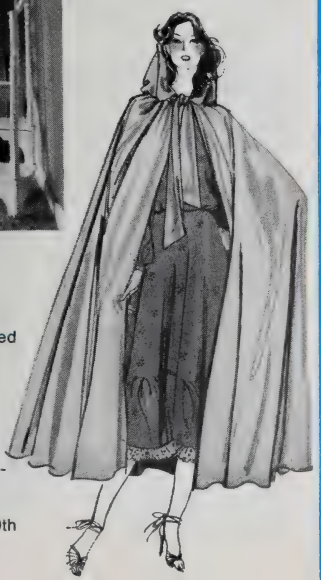


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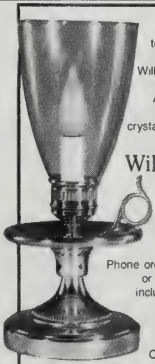
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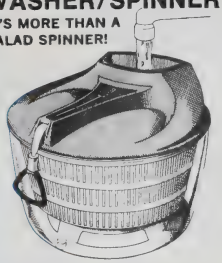
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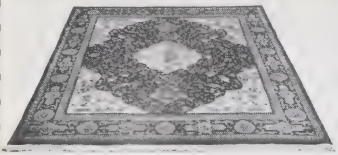
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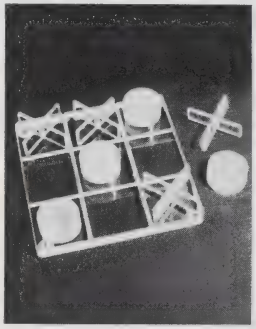


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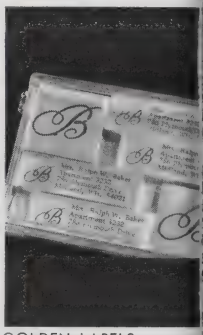
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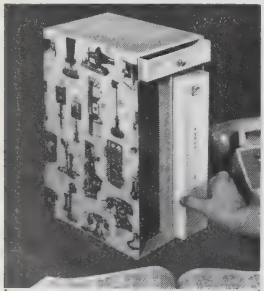
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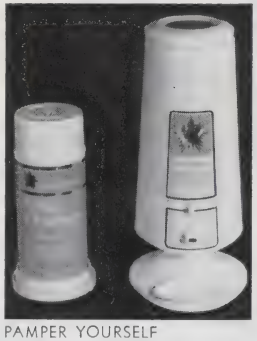


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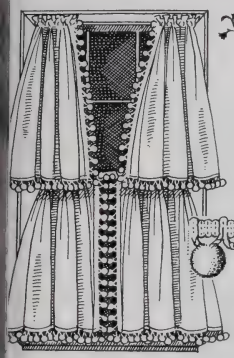
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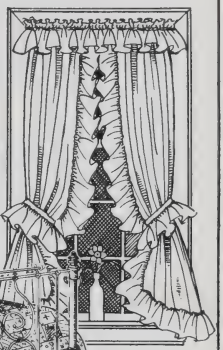
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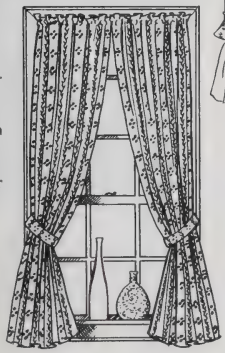


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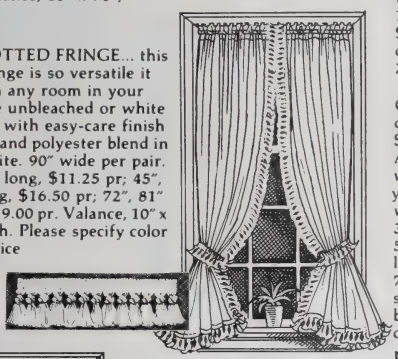
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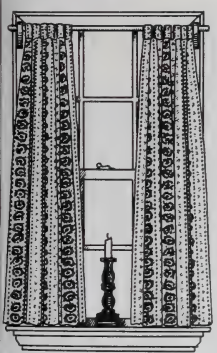
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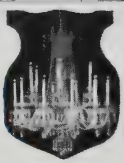
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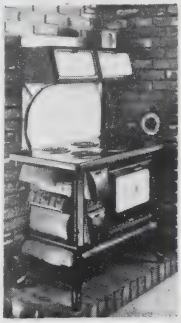
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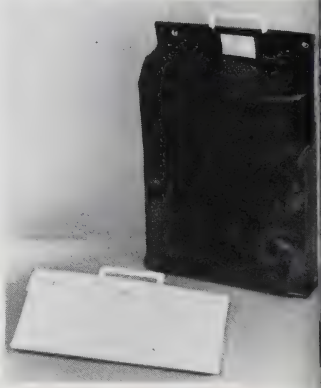


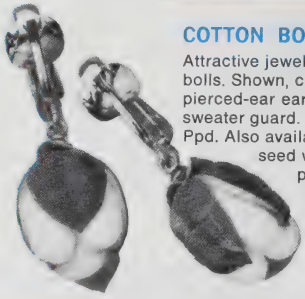
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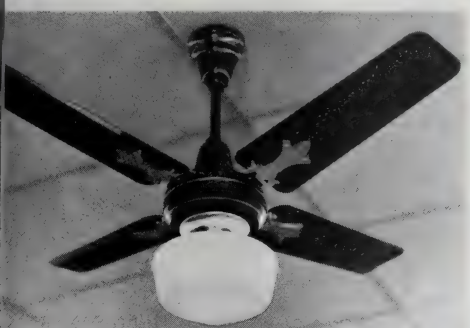
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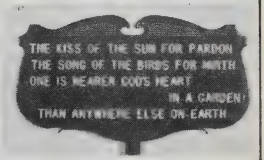
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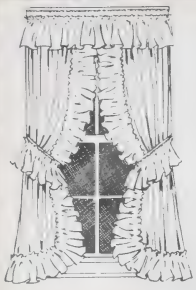
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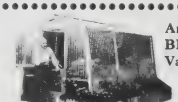
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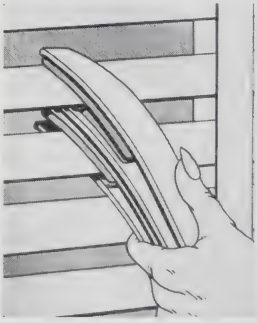
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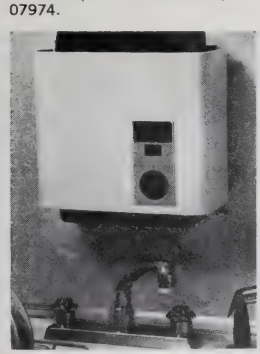
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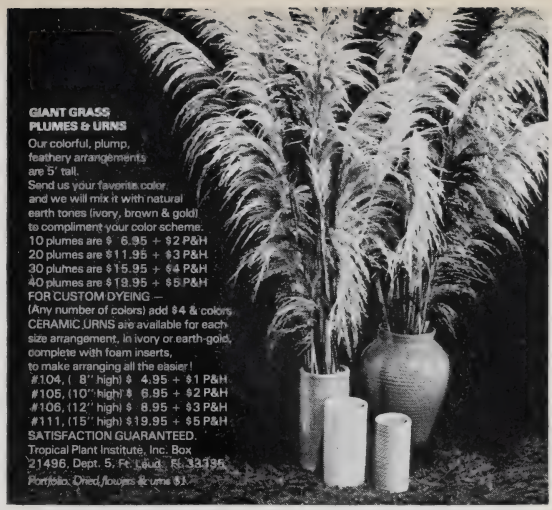
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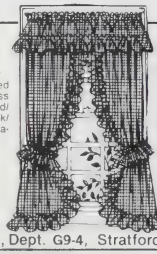
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Carefully pieced Patchwork Top-cloth in brown fall colors . . . 55" sq. . . . $45.00.
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PUCKIHUDDLE PRODUCTS, LTD.
The Linen Line & Custom Needlework
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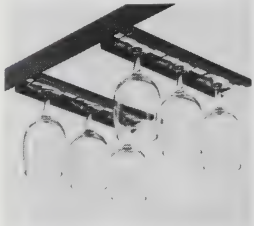
TO HAVE AND TO FOLD

Space saving table made in Europe. Solid beechwood with oiled walnut veneer. Closed, 9" by 30"; one side up, 37" by 30"; fully opened, 65" by 30", it seats eight. 30" h. $99.95. Exp. coll. Assembled. Send 50¢ for Danish catalogue. Genada Imports, HG4, Box 204, Teaneck, NJ 07666.



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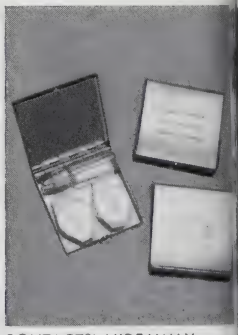
SWIVEL ON HIGH

Counter stool with vinyl upholst swivels at a touch. Perfect home bar or workbench, too. Vi in black, red, dark or pastel gre yellow. Unfinished 24", $18.! 30", $18.95. Add $3 for waln pine or maple finish. Exp. c Marion Travis, HG4, Statesvi NC 28677.



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sual handwoven rattan pieces a lively touch to your bath- n. Elephant towel ring is 10" by 8" w. Lined soap dish is " by 3¾" h. Elephant ring 95; soap dish $5.95; both for .95. Add $1 post. Catalogue . Fran's Basket House, HG4, te 10, Succasunna, N.J. 07876.



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vert garden and kitchen waste valuable soil-conditioning t food in weeks. Panels slide et you remove ready compost ground level. Attractive green, proof construction. Comes in sizes. Details in the free chure. Rotocrop, HG4, 604 Park, Doylestown, PA 18901.



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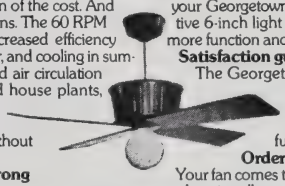
TWO BY TWO

Socks stay together through the washing and drying process with unique plastic rings that keep them paired. An easy solution to that dull hand sorting. Enough sorters for 24 pairs, $1.98 plus 40¢ post. Anthony Enterprises, HG4, 67 Second St., San Francisco, CA 94105.

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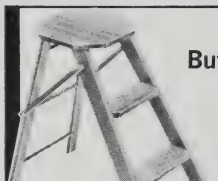
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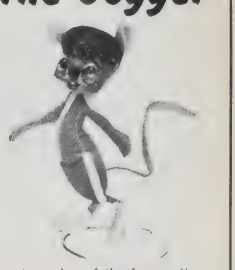
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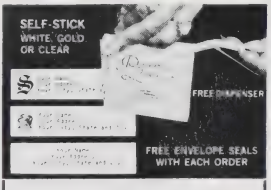


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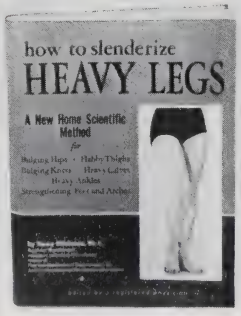
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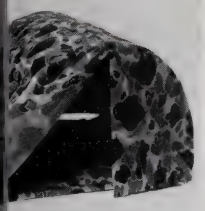
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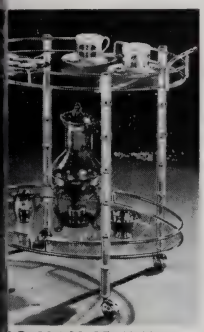


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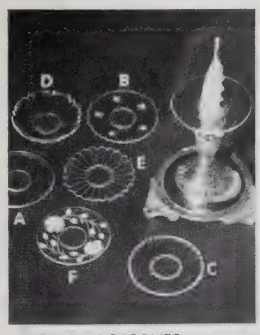
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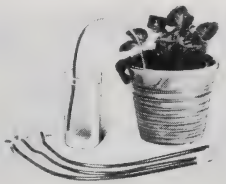


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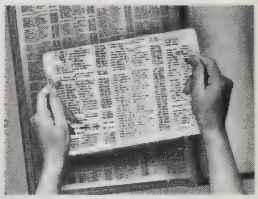


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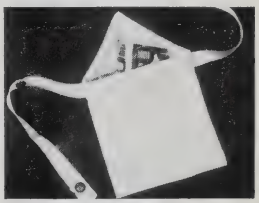


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Collar-Extender button "loosens" tight shirt collars. Ends all-day "tugging." Expands collar up to ½ size larger for that "just right" feeling. Invisible behind tie. Can be transferred from shirt to shirt in seconds.

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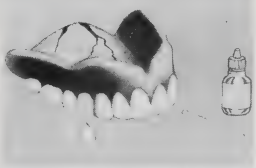


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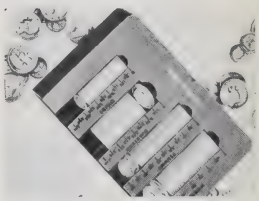


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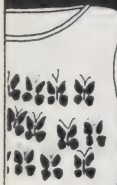


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An elegant way to step int spring season—strapped calf with medium height stacked Ali in black or blonde. Sizes S M (10 to 12), W—XW, (8 to $33.95 plus $2 post. Catalo new styles, free. Nierman's, 17 N. State St., 16th floor, go, IL 60602.

Butterflies are free! (But the shirt is $16.)

There are a dozen plus one butterflies all aflutter on the front of this Marcrest 100% cotton t-shirt, and all of them are free. The hand silk-screened graphic is in peach, the shirt is cream, and there's a honey of a "Papillon" on the sleeve. Women's sizes . . . S (6-8), M (8-10), ML (10-12) and L (14). $16. postage paid. Free catalog.



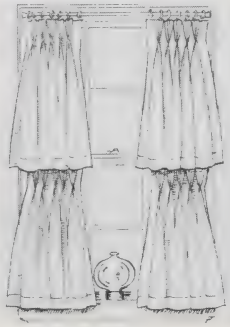
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9 W. Highland Ave.
Chestnut Hill,
PA 19118

HEIRLOOM STENCILS by Adele Bishop



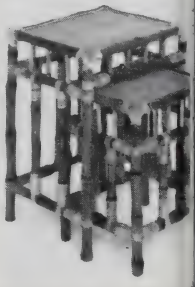
These elegant, exclusive Adele Bishop designs make today's project, tomorrow's heirloom. First complete stencilers' catalog for major home decorating projects includes kits with the most comprehensive stenciling course ever offered, her own large professional brushes, Presto-Dri ™ japan paints, only available from Adele Bishop. Catalog describes the definitive stenciling book *The Art of Decorative Stenciling*. Send $1.00 for full color catalog.

Adele Bishop, Inc. Dept. HG, Dorset, Vt. 05251



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Fresh-looking design in bun tables. Made of glistening rattan pole with woven-can insets. Larger of the two measures 16" wide by 13" de 22" high. Set of two $75 pl post. Send 25¢ for the cata Fran's Basket House, HG4, 10, Succasunna, NJ 07876.

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a sleek swing arm at the fantastic price of **$19.99**

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Pa. residents add 6%

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Plans and list of materials for a 16 apartment structure 26" x 16½" x 18" plus data on birds. Adult martins can eat up to 2,000 mosquitos a day. Step-by-step barn plans, $3 ppd. Brochure, 25¢. Hammond Barns, Dept. HG-79D, Box 584, 3130 Hardacre Court, New Castle, IN 47362.



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HOPPING AROUND'S SPECIAL SPRING CATALOGUE CHECKPOINT

easy, pleasant way to shop for the new season. You'll find all things you need in the catalogues listed here and on the following two pages. Just fill out the coupon on page 245, checking number of each catalogue requested, and return to House & Garden. Enclose $1 for postage and handling, plus any additional charge as indicated on catalogue number. Coin, check or money order may be used. Catalogues will be sent to you from individual firms listed.

Yield House

1

Early American style furniture by skilled craftsmen. Northern pine and hardwoods, hand assembled and fully finished or in easy kits with all the screws, hardware. Also accessories, gifts. Yield House, 50¢.

The Harbor Light
Lanterns • Chandeliers

2

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3

Elegant exclusive heirloom stencil designs for major decorating projects. Kits have large professional brushes, comprehensive stenciling course, exclusive Presto-Dri™ japan paints. Full color catalogue. Adele Bishop, Inc. $1.

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4

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5

Fascinating 72 pages of over 1200 items. World's finest cutlery, table/kitchen ware, personal-care/travel items, weather instruments, unusual gadgets. Receive $2 gift certificate redeemable with your mail order. Catalogue. Hoffritz. $2.

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6

Find special gifts the year around. A full year of catalogues each filled with great decorating ideas: boutique choices, kitchen accessories, toys, trinkets, imports and collector's treasures. Helen Gallagher. $1.

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7

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8

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9

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Acrylic Gallery
"everything personalized"

10

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The Talbots

11

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POSTER ORIGINALS LIMITED

12

Important American and European art posters. Old-masters to very avant-garde styles, from abstract to realism. Over 1000 are shown, most in full-color in 9" by 12". A 123-page catalogue. Poster Originals, Limited. $5.

JOÃO ISABEL

13

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GEORGETOWN FAN COMPANY

14

Learn how a ceiling fan in your home can improve comfort and save energy in all seasons. Resin blades in choice of woodgrain finish and color, different drop lengths. All details. Georgetown Fan Company. Free.

SWEET DREAMS

15

Exclusively for bedroom and bath. A new spring/summer color catalogue with bright boudoir and bath accessories; loungewear for men, women, children. Animal pillows and seashell lights. Sweet Dreams by Kenya. 50¢.

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16

Colonial curtains and accessories in varied styles, easy-care fabrics, shown in catalogue. And you'll be delighted to find a special group of styles especially for out-sized or problem windows. Joanne E. Mee Interiors. Free.

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17

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Miles Kimball
Oshkosh

18

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The GALLERY OF AMSTERDAM

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Exciting imaginative items ranging from the decorative and exotic to practical and useful in a full-color catalogue. Clock radios, stereo systems, games, storage included in 32 pages. The Gallery of Amsterdam. Free.

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27

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The Bombay Company

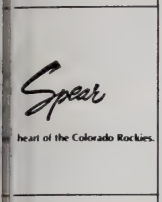
28

Fine furniture reproductions in cen old English tradition. Charming, pra handcrafted mahogany accent t butler's trays, folding bar and m lavish, full color catalogue. The Bc Company. $2.



29

Catalogue to help add finishing touch to home. Traditional curtain designs to fit all windows, bedroom ensembles and accessories in a wide variety, exclusive textures and patterns. Courtney House Collection. Free.



30

Inviting look at a vast variety of wares for gifts, for personal use. ID markers for mailbox, post, lawn; delights for kitchen; nameplates for desk or door; nice surprises. Daydreaming catalogue. Spear Engineering. Free.



31

Fine Victorian reproductions made of solid mahogany, all hand carved. Great variety of handcrafted coffee, end, lamp and console tables. Opulent sofas, chairs, dining and bedroom pieces, lamps. Martha M. House. $1.



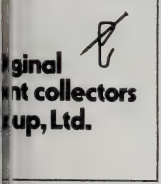
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Treasures from the earth to collect and display. Fascinating catalogue has numerous illustrations: fossils, shells, minerals, natural jewelry, stands, books; also handsome portfolio of color prints. Dover Scientific. $2.



33

How to control cellulite explained in 24-page Au Naturel™ booklet. Describes causes and composition of problem, details program of control. All-natural indicates top quality, nothing artificial. Herbal Concepts, Inc. Free.



34

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35

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36

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37

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38

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39

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April, 1979

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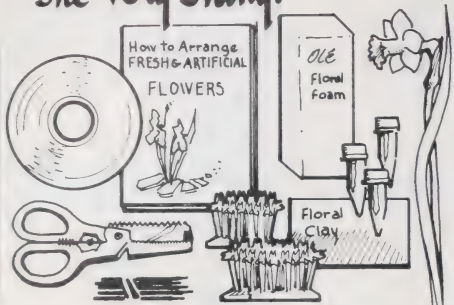
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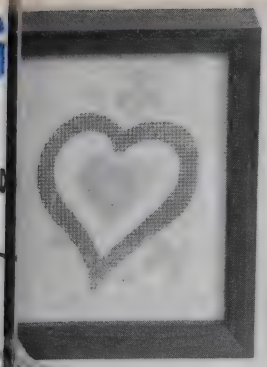
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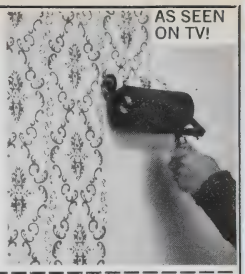
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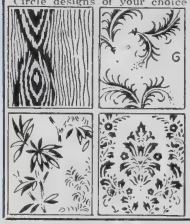
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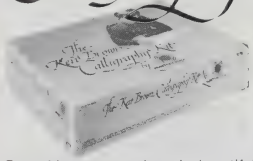
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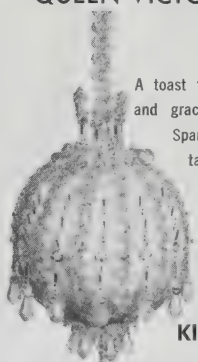


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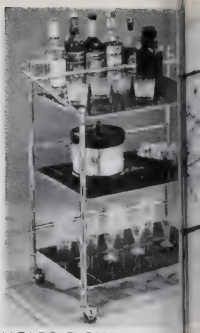
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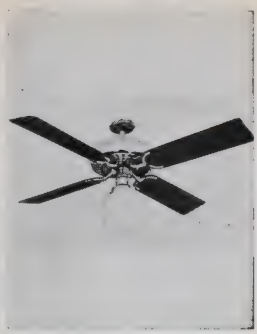
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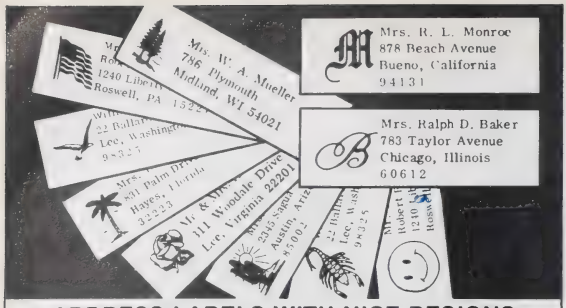
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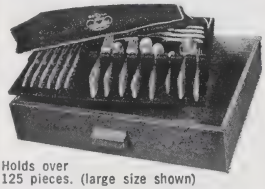
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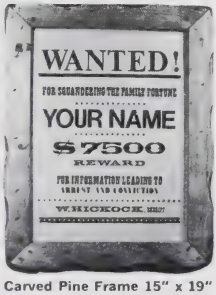
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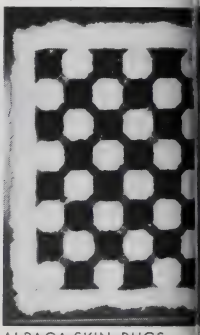
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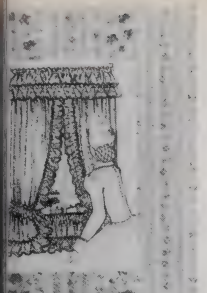
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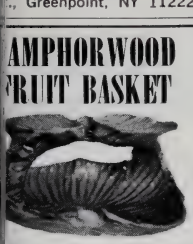
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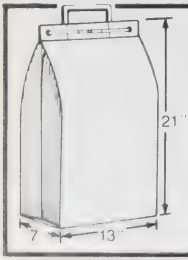
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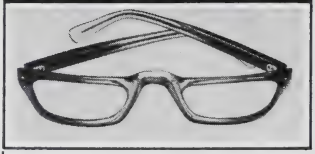


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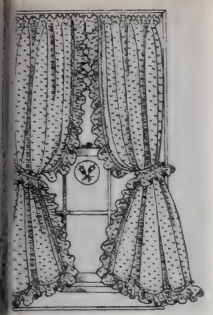
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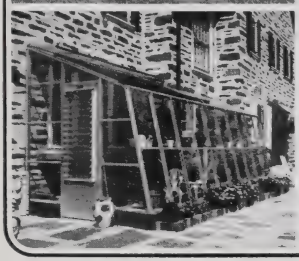
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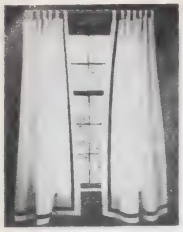
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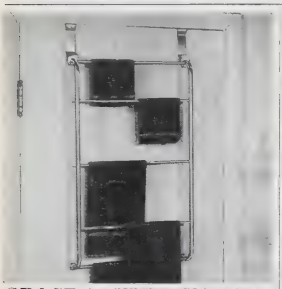


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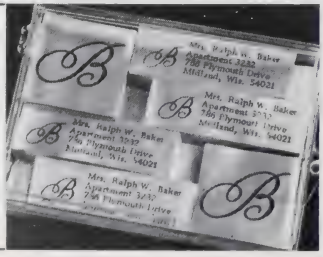
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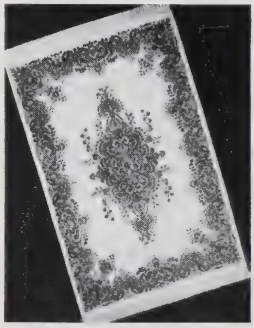


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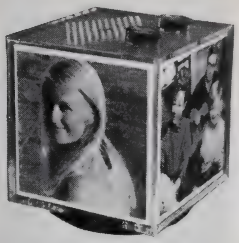
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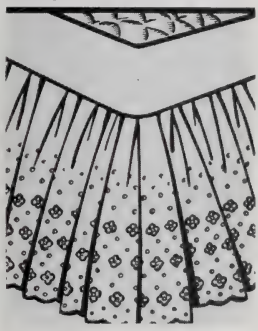
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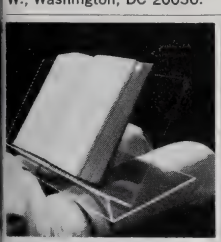
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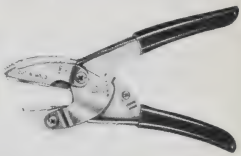


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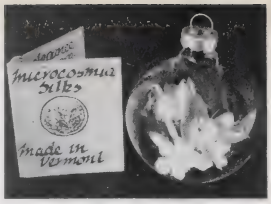
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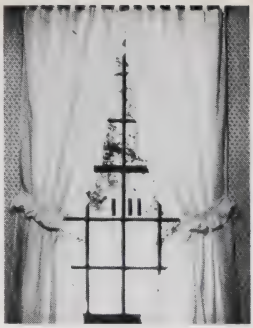
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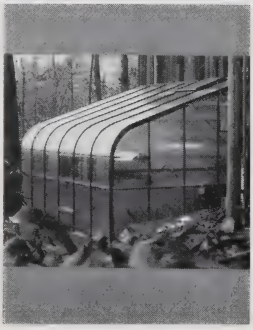
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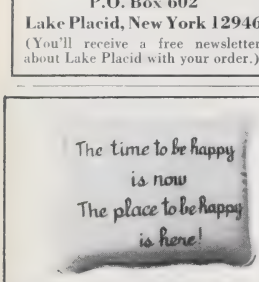
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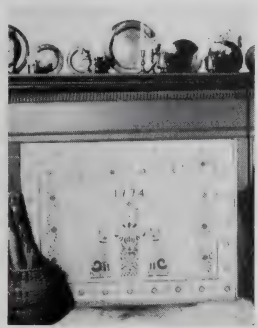
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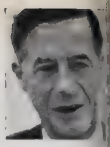
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GARDENER'S NOTES



By James Fanning

The new influence of Chinese gardens

Plus an 18th-century medicine garden, cascading chrysanthemums and instructions for lawn games

THE CHINESE WAY

The whole idea of gardening began in China, uncounted centuries ago. Agriculture—the growing of large numbers of plants for food or other uses—probably started earlier and in other parts of the world, but it was left for the Chinese to discover the joys of cultivating plants as individuals, each grown to bring out its own distinctive character. Blessed with such plants as camellias, chrysanthemums, tree peonies, and lilies, early gardeners in the fertile plains of southeast Asia saw their allotted working space as something to engage the imagination as well as the appetite. Early contacts between China and Europe brought about profound changes in the European approach to gardening, exemplified in English and French gardens of the 17th and 18th century. At Kew, England's renowned botanical garden, an outstanding feature is the "Chinese" pagoda designed by William Chambers and built in 1762. Today's resurgence of interest in things Chinese is already making itself felt in the U.S. The Metropolitan Museum of Art in New York is preparing space for a Chinese Garden Court and Ming Furniture Room. Now under construction in Shanghai, these will be installed at the Metropolitan and opened to the public in the spring of 1980. Up to now, few gardens in the United States have been laid out along Chinese lines. One that is open to the public is Innisfree—nobody knows how it came by the Irish name—in Millbrook, N.Y., a few miles east of the Taconic Parkway on Rte. 44.

CHINESE CASCADES

One of the outstanding gardening techniques that came to us from China is the growing of cascade chrysanthemums. At its highest stage of development, this method of growing creates glowing draperies of color, flowing over the edges of pots, sheathing window ledges and tables. Basically, the method is simple—start early in the spring with a rooted cutting of one of the varieties recommended for cascade training and keep the plant in vigorous growth right up to flowering time. Start the plant as a single stem, pinching back side shoots as they appear. As soon as the stem is long enough to be bent without breaking, train it over the edge of the pot if you want it to grow downward, or to some kind of support if you want a vertical or horizontal final effect. Feed at weekly intervals with fish emulsion or similar fertilizer, and give the plant plenty of water, sunlight, and fresh air. When the stem has gotten about as long as you want it to be, pinch off the growing tip to make it branch. Flower buds will begin to appear in late summer—pinch off the first of these to insure a denser, later crop. Pinch back the side shoots, too, to keep the whole plant densely floriferous. When the first buds begin to show color, place the plant where it will show to best advantage and stop feeding but don't neglect the water, sunlight, and fresh air—these will all help to prolong the flowering, as will a daily misting of the entire plant. Most nurseries that sell chrysanthemum plants have a few varieties recommended for cascade training. Ask for these, or send for the catalogue of one of the nurseries that specialize in chrysanthemums. Sunnyslope Gardens, 8631 Huntington Dr., San Gabriel, Calif. 91775, is a famous one.

GARDEN OF MEDICINES

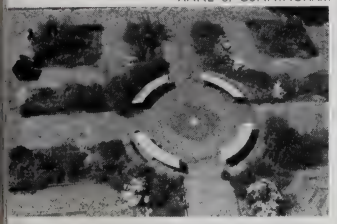
Shortly after the Pennsylvania Hospital was founded by Benjamin Franklin in 1751, the good doctor agreed that part of the hospital grounds should be devoted to the growing of medically useful plants. This was long before the development of synthetic pharmaceuti-



In China, cascade chrysanthemums are trained on bamboo stakes to flow over rocks beside a garden pool.

ls, of course, but plants such as digi-
lis and saffron are still highly useful
medicine. With commercial supplies
"physic" plants undependable or non-
istent, most doctors and pharmacists
d to grow their own, so Franklin's
ncern about supplies for the hospital
as well justified. The hospital garden
dn't get very far, though, probably for
asons connected with the approach of
e Revolution, and it was not until the
centennial observance in 1976 that
anting was actually begun. The Phila-
lphia Committee of the Garden Club
America set about recreating the
ysic Garden, and they have insisted
absolute authenticity not only in the
er-200 plants, but in the layout of the
rden, which is 18th century in design.
plant list, issued by the hospital,
mes the plants and describes their
es, with this caution: "In the use of
me remedies, some of the plants may
ve poisonous properties." Although
ere are still gaps to fill, the garden is
en to visitors. It is near the entrance
the Pennsylvania Hospital, Spruce
d 8th Streets, in Philadelphia.

ANNE S. CUNNINGHAM



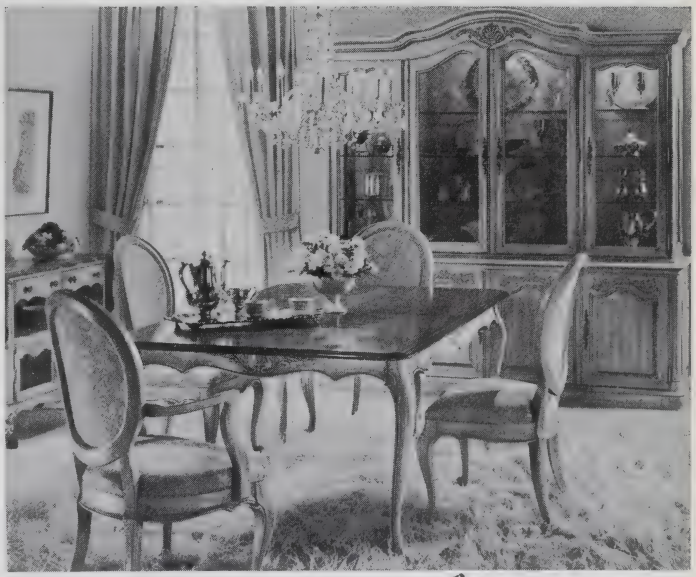
*he Physic Garden in Philadelphia is laid
t as it would have been in the 1750s.*

FUN ON THE LAWN

me of us think of a good lawn as an
d in itself, but mostly home lawns are
ven active use as part of family life.
ames, from badminton to croquet, are
natural part of the life of a lawn, so
ost of us want to know how to play the
mes as well as how to keep the lawn
elf in good shape. Game rules and set-
instructions have been generally hard
come by, but now they have all been
t into book form, under the title *Make
e Most of Your Lawn* (Hart, $6.95
perback), by James Meyers. All the
wn games are there, with playing rules,
d, for good measure, instructions for
ilding grills and the like.

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., Marysville, Ohio 43040, stands
ady not only to supply a "family"
wn seed mixture, but to answer all
nds of questions that apply to lawns in
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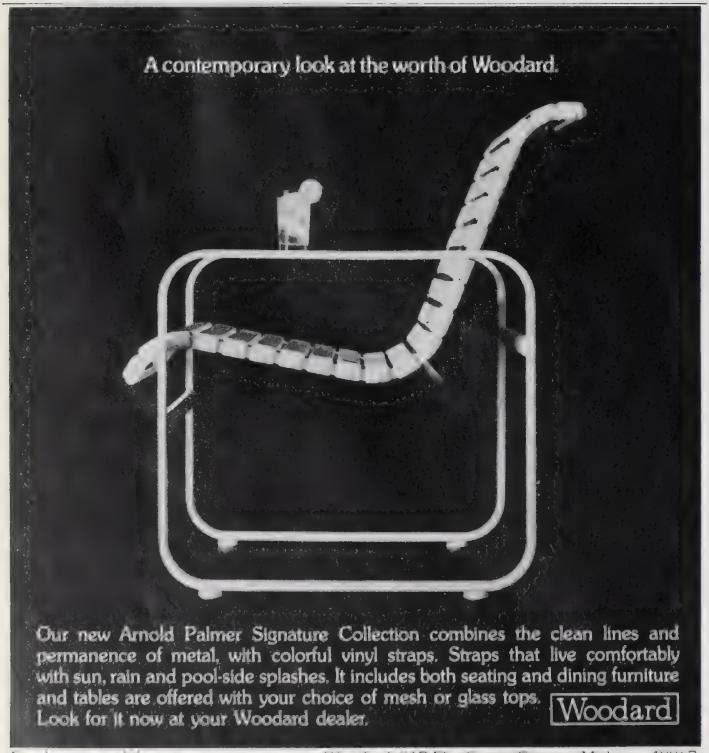
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5. WAIT TILL YOU SEE what an India handmade carpet can do for your floo Magnificent carpet designs are shown i full color, along with decorating ideas tha prove you can use these masterpieces wit any decorating style you choose. Pande Cameron & Company. $3

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Trees, *continued from page 227*

Trees for fragrance

Although some of these trees have flowers that are inconspicuous, their presence in the garden is a pleasure.

Acer Ginnala	Amur maple
Chionanthus virginicus	Fringe tree
Cladrastis lutea	Yellowwood
Elaeagnus angustifolia	Russian olive
Magnolia spp.	Magnolia
Oxydendrum arboreum	Sourwood
Prunus spp.	Flowering fruit trees
Robinia Pseudoacacia	Black locust
Sophora japonica	Japanese pagoda tree
Syringa reticulata	Japanese lilac tree
Tilia spp.	Linden

Trees for screens and buffers

These trees are selected for their ability to hide unattractive, but necessary, areas.

Abies spp.	Fir
Carpinus Betulus 'Fastigiata'	Columnar European hornbeam
Cedrus Deodara	Deodar cedar
x Cupressocyparis Leylandii	Leyland cypress
Juniperus spp.	Juniper (columnar forms)
Ilex spp.	Holly
Picea spp.	Spruce
Pinus spp.	Pine
Populus spp.	Poplar
Rhamnus Frangula	Alder buckthorn
Taxus spp.	Yew
Thuja occidentalis	American arborvitae
Tsuga canadensis	Canada hemlock

Trees that attract birds

All trees attract birds, but these trees provide abundant fruit as well as cover.

Amelanchier spp.	Serviceberry
Cornus spp.	Dogwood
Crataegus spp.	Hawthorn
Elaeagnus angustifolia	Russian olive
Elaeagnus umbellata	Wild olive
Ilex spp.	Holly
Juniperus virginiana	Red cedar
Malus spp.	Crab apple
Morus spp.	Mulberry
Prunus spp.	Flowering fruit trees
Viburnum Sieboldii	Siebold viburnum

Trees that tolerate seashore conditions

Use these trees as your first line of defense along the coast.

Acer platanoides	Norway maple
Acer pseudoplatanus	Sycamore maple
Acer rubrum	Red maple
Ailanthus altissima	Tree-of-heaven
Betula populifolia	Gray birch
Carpinus Betulus	European hornbeam
Cryptomeria japonica	Japanese cedar
Juniperus virginiana	Red cedar
Nyssa sylvatica	Sour gum
Picea glauca	White spruce
Pinus nigra	Austrian pine
Pinus thunbergiana	Japanese black pine
Platanus x acerifolia	London plane tree
Populus deltoides	Cottonwood
Salix alba	White willow
Sciadopitys verticillata	Umbrella pine

Trees with color for many seasons

These trees provide interest with their flowers, fruits, autumn color, or bark.

Amelanchier spp.	Serviceberry
Betula spp	Birch
Cercis canadensis	Redbud
Chionanthus virginicus	Fringe tree
Cornus spp.	Dogwood
Crataegus spp.	Hawthorn
Halesia carolina	Snowdrop tree
Malus spp.	Crab apple
Oxydendrum arboreum	Sourwood
Prunus spp.	Flowering fruits
Styrax japonicus	Japanese snowbell

Wall trees

Trees on this list have well-behaved root system and habits that allow for close planting to walls.

Acer spp.	Maple (columnar forms)
Betula spp.	Birch
Carpinus Betulus 'Fastigiata'	Columnar European hornbeam
Chamaecyparis Lawsoniana	Lawson cypress
Crataegus Phaenopyrum	Washington thorn
Ginkgo biloba 'Fastigiata'	Columnar ginkgo
Ilex opaca	American holly
Malus spp.	Crab apple
Picea glauca	White spruce
Pyrus Calleryana	Callery pear
Quercus robur 'Fastigiata'	Columnar English oak

Trees that stand city conditions

All are resistant to air pollution, reflected heat, limited open soil surface for water.

Acer spp.	Maple
Aesculus x carnea	Horse chestnut
Carpinus Betulus	European hornbeam
Catalpa speciosa	Western catalpa
Celtis occidentalis	Hackberry
Cotinus Coggygria	Smoke tree
Crataegus Phaenopyrum	Washington thorn
Fraxinus spp.	Ash
Ginkgo biloba	Maidenhair tree
Gleditsia triacanthos inermis	Thornless honey locust
Ilex opaca	American holly
Koelreuteria paniculata	Golden-rain tree
Malus spp.	Crab apple
Ostrya virginiana	Hop hornbeam
Phellodendron amurense	Amur cork tree
Pinus nigra	Austrian pine
Pinus sylvestris	Scotch pine
Platanus x acerifolia	London plane tree
Pyrus Calleryana	Callery pear
Quercus spp.	Oak
Sophora japonica 'Regent'	Japanese pagoda tree
Tilia cordata	Small-leaved European linden
Ulmus parvifolia	Chinese elm
Zelkova serrata	Saw-leaf zelkova

Trees essentially pest-free

Choose a tree for more reasons than ju freedom from pests. "Pest-free" is a rel tive term depending on locality.

Carpinus Betulus	European hornbea
Cedrus spp.	Cedar
Cercidiphyllum japonicum	Katsura tree
Chionanthus virginicus	Fringe tree
Ginkgo biloba	Maidenhair tree
Gymnocladus dioica	Kentucky coffee t
Koelreuteria paniculata	Golden-rain tree
Metasequoia glyptostroboides	Dawn redwood
Ostrya virginiana	Hop hornbeam
Phellodendron amurense	Amur cork tree
Pseudolarix Kaempferi	Golden larch
Taxodium distichum	Bald cypress

Trees that will stand abuse

Whether you call some of these tr "undesirables" or not won't stop th from growing where all else fails.

Ailanthus altissima	Tree-of-heaven
Elaeagnus angustifolia	Russian olive
Fraxinus spp.	Ash
Ginkgo biloba	Maidenhair tree
Gleditsia triacanthos inermis	Thornless honey locust
Juniperus virginiana	Red cedar
Maclura pomifera	Osage orange
Malus spp.	Crab apple
Melia azedarach	Chinaberry
Morus alba	White mulberry
Platanus spp.	Sycamore
Populus spp.	Poplar
Robinia Pseudoacacia	Black locust
Salix spp.	Willow
Ulmus spp.	Elm

Skyline trees

These are giants that need lots of sp to grow in and be appreciated.

Acer spp.	Maple
Carya ovata	Shagbark hickory
Fagus grandifolia	American beech
Gleditsia triacanthos inermis	Thornless honey locust
Liquidambar Styraciflua	Sweet gum
Liriodendron Tulipifera	Tulip tree
Picea spp.	Spruce
Pinus spp.	Pine
Quercus spp.	Oak
Taxodium distichum	Bald cypress
Tsuga canadensis	Canada hemlock

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HOUSE & GARDEN

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Wine & Food this month

41 terrific recipes

Lessons from 5 great cooking schools

sy decorating with
esh flowered fabrics

ore light.

How to slipcover anything—chairs, tables, even walls—with ready-made comforters

Crafts of the month

- 3-tier rolling cart you can build in 5 hours
- Pillow covers to sew

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Henredon






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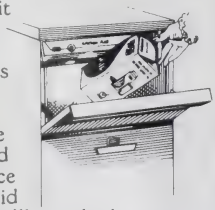
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Hobart Corporation, Troy, Ohio 45374

Incorporating LIVING for young homemakers

Vol. 151. No. 5

HOUSE & GARDEN®

MAY 1979



Slipcover magic, p. 152



Budget roof-raising, p. 174



Made-over house, p. 168



Kitchen greenhouse, p. 156



Rolling cart to build, p. 186



Cooking school news, p. 193

DECORATING, ARCHITECTURE, BUILDING

138 Home improvement ideas for the house fixer. By Deanne Raffel
150 Decorating for the fun of it
156 How a family that loves plants lives in a greenhouse kitchen
158 Nature plus glamour in a forest bedroom and tropical bath
164 A charming spot for dining in a dressing room-bath
166 Flower fixing porch—plus wonderful free-form bouquets
168 Makeover for a new way of light
174 Raising the roof for $23,000

ANTIQUES AND RESTORATIONS

22 Questions & answers: Antiques. By Louise Ade Boger
184 Farmhouse for a poet

CRAFTS

186 Cart on the go—the 4-wheel wonder you can build in 5 hours
188 Pillow confections

ENTERTAINING

178 Down-to-earth tables for fork & spoon food
178 Getting together made easy. By Penelope Wisner Linck

FEATURES

12 Living. Edited by Paula Rice Jackson
50 How to buy or fix up a house on terms you can live with By Paul Gross
59 Auto suggestions. By Richard and Jean Taylor
66 Energy update: Photovoltaics. By Jane Wholey
72 Electronic circuit: Movies on record. By David Lachenbruch
78 Decorator showhouses across the country
105 Ingenious ways to make your life easier
112 A cooktop that never gets hot and other household miracles By Lorna Caine
147 Fixing up for the fun of it (*Editorial*)
148 How to do anything when you don't know how. By Jill Robinson

WINE & FOOD

56 Whole herb cooking
94 Fork & spoon food
190 Meal in minutes
193 The cooking school vacation: Italy, France, England, U.S.A.
198 Fresh twist on fruit drinks. By Julie Dannenbaum

GARDENING

46 Plants around the house. By Richard Langer
160 Inventive new ways to garden and cook with herbs
256 Gardener's notes. By James Fanning

BEAUTY AND HEALTH

28 Looking good, feeling fit. Beauty from the inside out By Paula Rice Jackson

TRAVEL

80 Going places, finding things. Edited by Nancy Richardson. In Colorado: Summertime in winter places. By Claire Schoen; In Bermuda: The fun, the freedom of renting a house. By Penelope W. Linck

READER'S SERVICE

40 Dear House & Garden. By Margaret Morse
226 Shopping around with Audrey Nichols
255 Shopping information, building data, recipe index
258 Best in booklets

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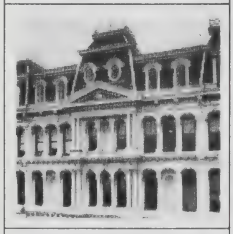
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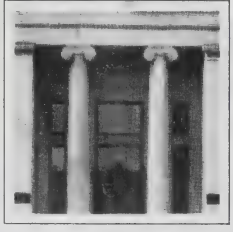


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MAY, 1979

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KAREN PAR

On the cover: Romantic blues in a country setting for a welcome spring breakfast. The table is layered with blue and white fern-strewn cloths, chin and lilies of the valley. Flowers that ramble over a camel-back sofa bloom again on rattan chairs. Welsh dresser holds antique porcelain. Sofa by Hickory Chair from Decorator Walk. Cotton fabrics by Schumacher. China, crystal, silverware, and breakfront at Altman's. Porcelain in breakfront from John Rosselli Antiques. Rattan chairs at Bloomingdale's. Linen tablecloth and napkins by Porthault. Blue and white cotton durrie rug from Coury Rugs. Wall paint, Benjamin Moore. Shopping information, page 255.

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This month: PBS remodels a house on TV, Houston store guarantees a 3-week upholstery delivery, the new erasable-ink pen, a recipe to de-allergize yourself to pets, and more

LIVING



TIM LEWIS

Culinary comments

Good things often come in small packages, and here's a set of essays, notes, and recipes to prove it. *Petits Propos Culinaires* has been published in a limited edition of 500 by a group of today's best food writers. Included are recipes by Elizabeth David, a history of British cookery, an essay of coriander, the first ice-cream recipe, and more. Proceeds will go to the Royal National Lifeboat Institution. $4.95. Write: Caroline Cookson, 3232 Prospect Street, Washington, D.C. 20007.

Potpourri made quickly with electric dehydrator

Three hours is all it takes to make fragrant, personal potpourris with flowers and herbs from your own garden and an electric dehydrator. Maurice Gibson and Stanford Stevenson, *below*, of San Francisco's famous potpourri shop Agraria are working on two special recipes for House & Garden, the details of which will be coming up in an issue this summer. The dehydrator has five mesh shelves and an acrylic door. $225 at Hammacher Schlemmer, 147 East 57th Street, New York, N.Y. 10022.

EDWARD OLEKSAK



TOM YEE

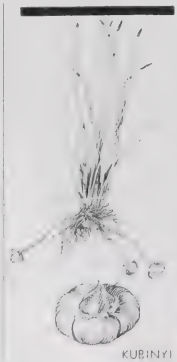


Philadelphia opens house

Philadelphia will be 300 years old in 1982, and the anticipation of the tricentennial is beginning now. Seven neighborhoods, from Society Hill and Rittenhouse Square to historic Germantown and The Main Line, will be on display from May 5-12 in the most comprehensive group of tours of private houses, gardens, and historic sites in Philadelphia. The Friends of Independence National Historical Park is sponsoring some 12 city organizations in order to offer this extraordinary event. Society Hill is a highlight of the week with 40 houses open, many for the first time. Styles range from Colonial to modern, accurately restored to revived-for-living, spanning three centuries of architecture, furniture, and paintings. Sixteen different tours, days and evening, will be conducted through 70 private houses in a city whose important 18th- and 19th-century buildings are famous throughout the world. The admission fees run from $5 to $15. Write for the illustrated brochure to 313 Walnut Street, Philadelphia, Pa. 19106.

Atop the spreading chestnut plant

With the burgeoning of wok sales and the newly kindled interest in all things Chinese, only one thing stands between real Oriental home cooking and success —getting fresh ingredients. Freshwater (Eleocharis dulcis) chestnuts are a true gastronomic delight, with a nutty flavor long vanished by the time the tinned kind is opened.



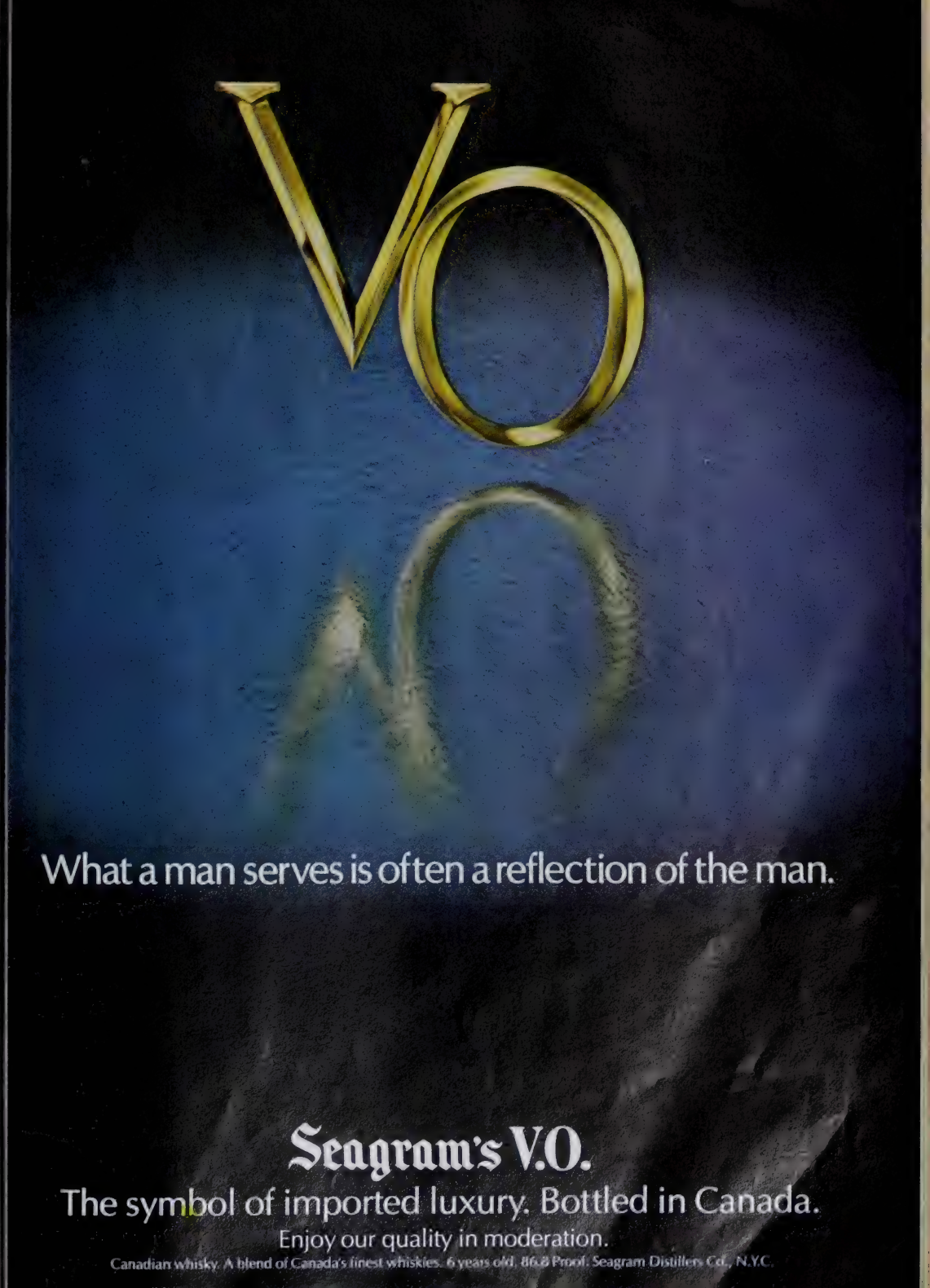
KUBINYI

Occasionally fresh water chestnuts are available at specialty stores. That's the time to stock your kitchen windowsill garden. This vegetable will grow indoors in a standard flowerpot and though the harvest may not be immense, you can reap enough for one small Chinese banquet from each 10-inch pot about twice a year. The plant normally grows in extremely wet soil. They will grow well potted-up in the manner of your normal houseplants, producing 1- to 2-foot-long tubular leaves, or quills, not unlike a clump of super-sized chives. Use standard loose potting mixture rich in organic matter. The kind used for African violets works well. Bury the chestnuts, 4-6 per pot, just below the soil level. Set the pot in a deep dish in a sunny window and water well. Your first harvest will be ready in about 6 months or so, with walnut-sized chestnuts growing at the base of the old. After each harvest save a few of the biggest roots and plant them for your next feast. RICHARD LANGER

GARDEN ART

Dinner à l'Art

Every hostess knows that some of the best ideas are born at dinner parties. When a great idea *is* the dinner party, that's news. The "Dinner à l'Art" just held in Oklahoma City on two evenings, April 6-7, is the third one given to unite the city in its efforts to raise money for the Oklahoma Art Center. Some 25 separate dinner parties were given with about 10 guests at each for about $35 a ticket. Those who have hosted in the past have flown in orchids from Hawaii and tapes from Studio 54 in New York. To help your city orchestrate a similar event, write Deborah Wyant, c/o The Oklahoma Art Center, Fair Park, 3113 Pershing Blvd., Oklahoma City, Okla. 97107.


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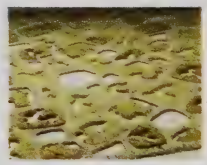


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Most vinyl floors have their colors and patterns just printed on. But Designer Solarian is different. And that difference is called Inlaid Color. It's Armstrong's exclusive process that builds up the color and pattern with thousands of varicolored vinyl granules. The result is a richness of color and a uniquely "crafted" look that no printed flooring can begin to match.

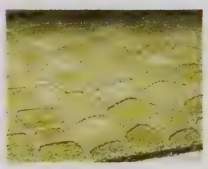
1 Inlaid Color begins with the precise placement of varicolored granules onto the backing..

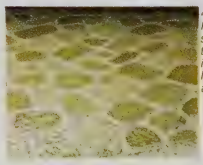




2 gradually building up the design—color by color, shade by shade.

3 Once the pattern is complete intense pressure and heat are applied—fusing it into a solid inlaid vinyl





4. And when the Mirabond® wear surface is applied, the Inlaid Color is sealed with a lasting protection and shine.

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To find your nearest Armstrong retailer, look in the Yellow Pages under "Floor Materials." Many are authorized Floor Fashion Center® dealers, offering the full selection of Armstrong floors. Or use the coupon below for retailer names and our free full-color consumer guide, "How to Buy Resilient Flooring."

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EDWARD OLEKSAK

Hair care for man's best friend

"I love dogs but I can't keep one because I'm allergic to the dander in their fur," is a familiar, wistful complaint. But according to professional dog trainer Pat Widmer, the problem is not insoluble. Bathe the dog in a good, no-tears protein shampoo. Rinse with a solution of 10 percent white vinegar or lemon juice in water. Rinse with plain water and blot Fido dry while he's still in the tub. Now pour over him a solution of one part fabric softener (the kind for the rinse cycle, not the wash) to six parts water.

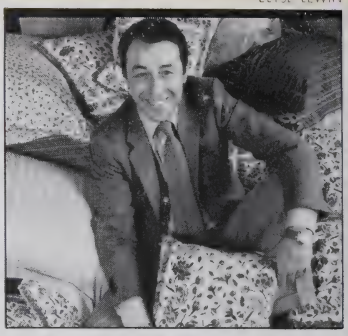


Let it soak in, and dry the dog. Repeat every 3 to 10 weeks—as your allergic reaction indicates. Put a good coat conditioner in the dog's food daily. The author of *Pat Widmer's Dog Training Book* (David McKay) says this works as well for cats.

PATRICIA CURTIS

PET NEWS

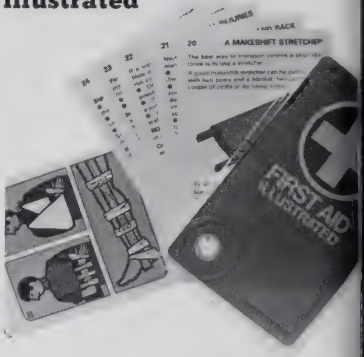
ELYSE LEWIN



House dressing Milanese style in a new California store

For lovers of things Italian: a new store in Los Angeles for house things designed with flair and a bold accent on color. T & J Vestor, as it is called, has linens for the bed and table, quilts, pillows, towels, robes, wallcoverings, upholstery fabrics and drapery cottons in tiny prints of florals and stripes, in brilliants and pastels—light and dark. If you love the fashion look of Missoni, you'll understand this approach of combining different patterns in a single color right away. Gian-Piero Jelmini, *above*, and his brother Alberto, who have designed the store and created the fabric collections, are Rosita Missoni's brothers. One particularly good-looking group of fabrics is "Guatemala"—bronze or green with violet and white in florals from primrose to peony-large. The fabrics are pure cotton and may be ordered from designers. The boutique is at 8648 Sunset Blvd., Los Angeles, Calif. 90069, and there are plans to open at Bloomingdale's this spring.

First aid illustrated



A swing-out cassette of cards kept with first-aid supplies. It's a "Bookassette" from Esselte Products, 600 Madison Ave., New York, N.Y. 10022.

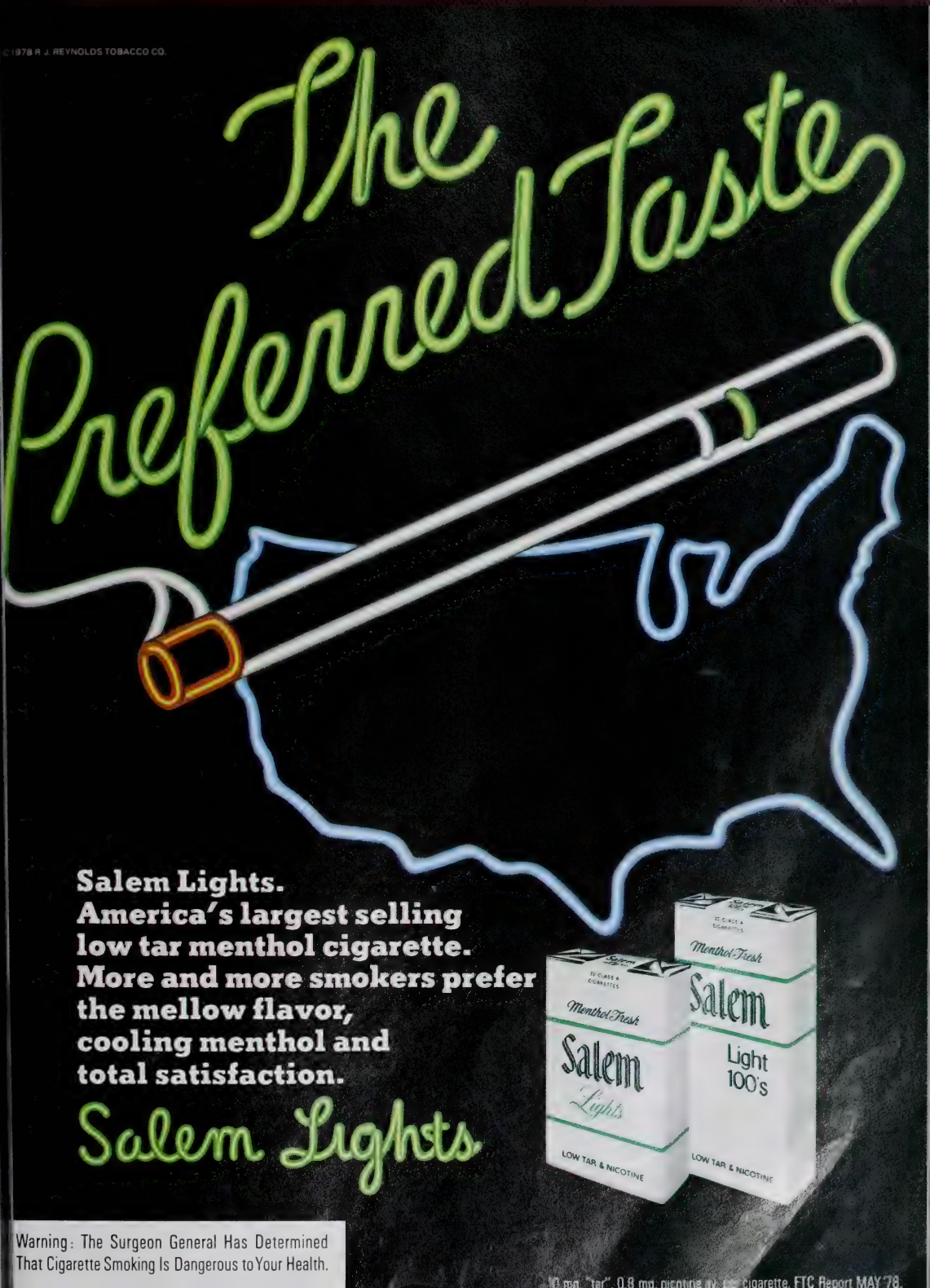
Self-supporting sofa

Here's a comfortable idea in do-it-yourself furniture: a fully upholstered sofa that fits together with an interlocking design called Wedgelock. No need for hammers, nails, or even a screwdriver—the pieces hold themselves together. If you're moving, the sofa can be neatly packed in one box. Available in two basic tweeds, approximately $350; additional fabrics slightly higher. Designer Richard Ehrlich is working on more Wedgelock furniture—look for a table, desk, and platform bed by summer. Guaranteed 3-4 week delivery on all custom upholstered items. Write Richard Ehrlich, 1705 Post Oak Plaza, Houston Tex. 77037. Also at Workbench in New York City and SCAN, Washington D.C.



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Salem Lights

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"0 mg. "tar", 0.8 mg. nicotine av. per cigarette, FTC Report MAY '78.



A how-to house on TV

Public Broadcasting fans in Boston have a unique opportunity to literally watch the process by which an old house is remodeled. *This Old House* is a 13-week series on house repairs, restoration, and maintenance, interviews with a house inspector, a realtor, and a heating specialist; the scaffolding goes up and 13 weeks later a house emerges. You watch the kitchen appliances being installed, the bathroom floors being tiled, the exterior being changed, the landscaping being planned. Producer Russ Morash developed this series from a position of real experience—he lives in an 1851 farmhouse with his family, which he completely redid himself. *This Old House* is tentatively scheduled for airing nationally next year.

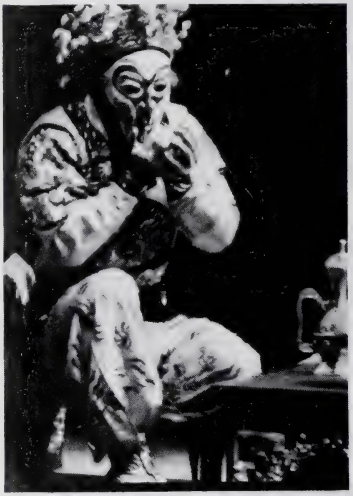


Build it yourself house

The hand-built house is becoming more and more of a real alternative for people wishing to own and design their houses. They need all the encouragement they can get. A new book, called *Shelter II*, is the second in a series of books about people building their own houses all over the world. *Shelter II* is both a basic survey of design and how-to construction manual for the first-time house builder. The book also covers many self-help housing projects underway in major American cities. Edited by Lloyd Kahn, and published by a nonprofit architectural organization in California. $9.50. Distributed by Random House.

Cultural exchange: TV specials on the Peking Opera

Tuesday evening, May 15 at 8 P.M., The Public Broadcasting System will air a special 90-minute presentation which will feature, among others, The Performing Arts Company of The People's Republic of China, most notably The Peking Opera. The show has rare excerpts from ancient dramas, which have not been shown in China for many decades. The richness and details of the costumes alone make this special well-worth planning for. The dancer, *below*, is made up and dressed for the traditional *Monkey Makes Mischief*. "Three Forked Crossroads" is a highlight—a dance in which two allies unwittingly battle in the pitch dark. See your newspapers for local times.



Historic tax deductions

Owners who are rehabilitating historic structures that will produce an income—as residential rental units or for commercial uses—can recover much of the cost of the work over a 60-month period as business deductions on income tax. Congress, in Section 2124 of the Revenue Act of 1978, permits recovery of architectural and engineering fees, real-estate fees, insurance premiums, and interior construction costs. Buildings and districts listed by the National Register qualify as do state and locally designated districts already certified by the Department of the Interior. Congress suggested that the IRS allow plumbing, electrical work, heating, and air-conditioning and ventilation installations as construction cost deductions.

What's showing and where













GUY BILLOUT

The Pierpont Morgan Library, New York City: "Michelangelo and His World: With Drawings from the British Museum." Apr. 26-July 28. Preliminary studies for the Sistine Chapel, drawings by Raphael, Tintoretto, Titian, Cellini; letters, manuscripts.

Renwick Gallery of the National Collection of Fine Arts, Smithsonian Institution, Washington, D.C.: "Baskets and Cylinders: Recent Glass by Dale Chihuly." Through June 3. Nesting colored glass baskets, new works.

Los Angeles County Museum of Art: "American Glass: 18th and 19th Century." 150 plates, pitchers, vases, candleholders. "American Furniture." Samples from 1700-1860. Chairs, desks, tables, mirrors, chests, cabinets, ceramics. Both through Apr. 29.

Cooper Hewitt Museum, The Smithsonian Institution's National Museum of Design, New York City: "MA, the Japanese Concept of Time and Space. Through May 27. Architecture, art, music, theatre, gardening, and dance. Noh stage, half-scale model of teahouse.

Asian Art Museum, San Francisco: "5,000 Years of Korean Art." May 1-Sept. 30. 345 works, jewelry, stoneware, sculpture, Koryo ceramics, contents of royal tombs.

WHAT'S ON



Reflections of a single room.

Nobody offers quite the range of choices Century does. From traditional to contemporary, we make fine furniture to match your mood. To illustrate, we've designed the room shown here around upholstered pieces from two different Century collections: Contemporary Reflections (below), and Traditional Reflections (above). Result: two unique rooms. With Century, the choices are yours. For information on where to buy Century furniture and for a copy of our Century booklet call this number toll free: 1-800-438-5775. CENTURY® Furniture of Distinction.





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Bring a magical touch of beauty into your home...

The Enchanted Flowers

PORCELAIN BELL COLLECTION

elve beautiful collector's bells
fine bone china.
ch portraying a different
orite flower, and its own
licate little flower fairy...and
ch one hand-decorated
24 karat gold.

centuries, collectors in many countries have
rished fine porcelain adorned with beautiful,
cate flowers. And for centuries, too, bells
e been among the most sought-after of all
ector's items in fine porcelain.
ow, as a collector herself, the internationally-
wn artist Carol Lawson has been inspired by
e traditions to create a new collection which
s charming as it is original. *The Enchanted*
vers Porcelain Bell Collection.

Original art by Carol Lawson

design of each bell is a unique original work
rt by Carol Lawson, who has specialized in
raying the wonderful world of magic and
asy. And so, she has brought her own highly
onal approach to each floral design by por-
traying each bloom with its own pretty little flower fairy. There's the Violet, sweetly smiling, delicate as a petal in her ballet dress of mauve and green—and the very soul of modesty. The Lily-of-the-Valley, with her very own little china-white bells. The Primrose, Snowdrop and the Poppy—and a veritable posy of other elusive and lovely companions.

In the beauty of fine bone china

Each bell in this charming collection is elegance itself. A pleasure to look at, a delight to hold by its slender curved handle. The china exquisitely, translucently white—providing the perfect setting for a delectable profusion of color. The high glaze, reflecting the light from the gracefully curved body of each bell. Incorporated in each design, the artist's monogram. And the finishing touches of 24 karat gold, including the hand-painted gold rim around the mouth of each bell, ensuring that it looks as lovely as it sounds, when rung—ever so gently.

The making of a porcelain bell is a work of true craftsmanship. And the collector who holds one of these lovely bells in his or her hand will recognize the skill and judgment that went into its making. But the strongest impression of the collection will be of its beauty, its refinement, its charm—and the engaging aura of fantasy and romance which surrounds the twelve flower bells.

These beautiful bells will be a constant joy to own, and a captivating adornment to any room—gathered together as an eye-catching centerpiece, or arranged as a striking wall display. For this is a collection to be enjoyed here and now—and to be handed down from mother to daughter for generations. Thus, it will bring its entrancing beauty into your home and into the homes of those you love—for many years to come.

Available for a limited time only

In accordance with the established traditions of porcelain collecting, these fine bone china bells will be made available during a single year only. Thus, the collection will be offered solely during 1979 and will be permanently withdrawn at the end of the year.

A Certificate of Authenticity provided to each subscriber will attest to this fact, and to the status of the bells as original works of art by Carol Lawson.

The collection will be issued at the rate of one bell every other month. The issue price of $19.50 for each exquisite bell will be billed conveniently in two equal monthly amounts of $9.75 per month. Your Advance Subscription Application must be mailed no later than May 31, 1979. To apply, simply return the form below to Rockdale Porcelain, Wallingford, Pennsylvania 19086, postmarked by that date.

YOUR ADVANCE SUBSCRIPTION MUST BE ENTERED BY MAY 31, 1979.

FP

Bells shown smaller than actual 5⅛" height.



ADVANCE SUBSCRIPTION APPLICATION

The Enchanted Flowers
PORCELAIN BELL COLLECTION

Limited edition
Available only during 1979

Rockdale Porcelain
Wallingford, Pennsylvania 19086

I wish to subscribe to *The Enchanted Flowers Porcelain Bell Collection.* I need send no payment now. My twelve fine bone china collector's bells will be sent to me at the rate of one every *other* month.

I will be billed for each bell in two equal monthly installments of $9.75*

**Plus my state sales tax*

Signature _____
All subscriptions subject to acceptance.

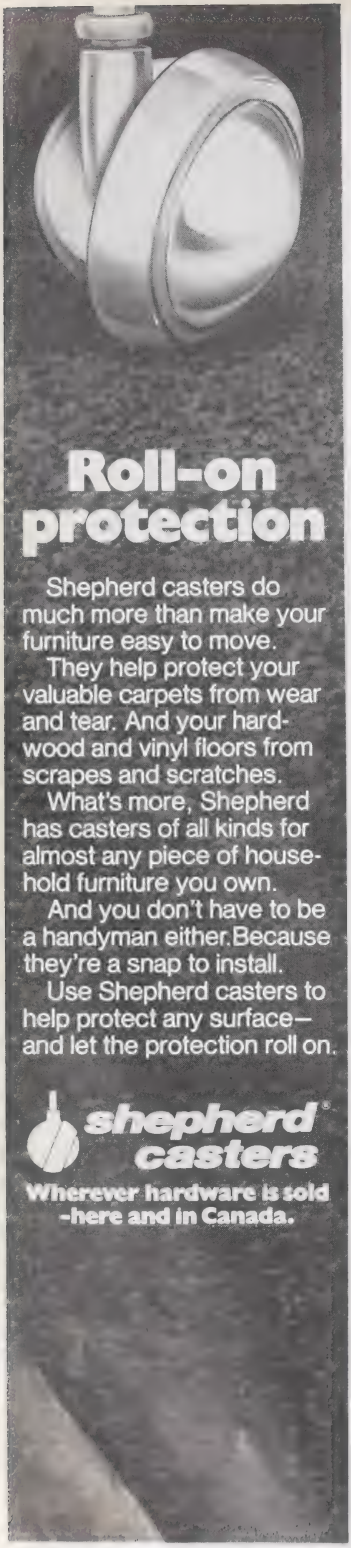
Mr.
Mrs.
Miss _____
PLEASE PRINT CLEARLY

Address _____

City _____

State, Zip _____

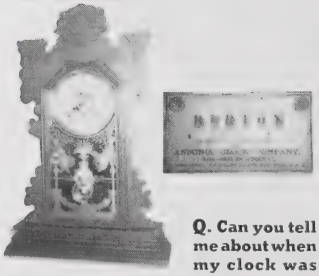
Limit: One application per subscriber



ANTIQUES
QUESTIONS & ANSWERS

BY LOUISE ADE BOGER

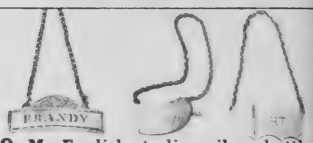
American clock



Q. Can you tell me about when my clock was made and whether it was a popular style or something unusual?
M.S.—Yanktown, S. Dak.

A. Your "Burton" clock, made by Ansonia, dates about 1900. At that time, this type of clock retailed for about $6.25. An embossed "Oak" or "Kitchen" clock such as yours was popular from the late 1890s to about 1915. The larger clock companies made them. Ingraham was perhaps the largest producer, followed by Welch, Waterbury, Ansonia, Seth Thomas, New Haven, and Sessions. The average height was about 23 inches. They were substantial, 8-day clocks with striking movements.

Bottle tickets



Q. My English sterling silver bottle tickets are late 18th or early 19th century. I would like to know something about the history of bottle tickets.
K.H.R.—Tidewater, Va.

A. In England, the glass decanter and the silver bottle ticket, or wine label, seem to have grown up together during the second quarter of the 18th century when the custom arose of decanting wine from the black bottle in which it had been stored into a good-looking container to be placed on the table. Silver bottle tickets were widely popular from about 1750 to 1850. Apart from standard names—port, sherry, etc.—are found such rare liquors as Collares and Methuen. Among sauces and toilet waters, for which bottle tickets were also widely used, occur such exotic names as Coratch and Rondeletia. In all, almost 1,000 different names have been noted for bottle tickets.

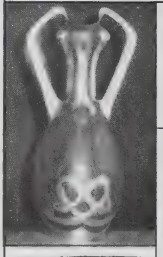
European punch bowl



Q. I would appreciate knowing anything at all about this piece. What was it used for? Is its design unusual?
D.W.—Omaha, Nebr.

A. Your far-from-common, covered, blue and white bowl is an example of either Dutch Delft (tin-glazed earthenware) or its progeny in Germany. The date 1687 is an unusual feature. The Chinese decoration is unsophisticated but robust, and gives the piece primitive charm. It probably served as a punch bowl, the pouch holding spices.

Art Deco vase







Q. My vase is marked E.A.M. Co. Can you tell me who it was who made it and about when, and in what style it is?
A.B.S.
—Lynbrook, N.Y.

A. E.A.M. Co. is the trademark of the Electrolytic Art Metal Co., active early in the 20th century at Trenton, N.J. The vase was probably made at a pottery nearby. Your piece is a very early example of the Art Deco style that captured the 1920s and 30s. Basically, a French style, it takes its name from the 1925 Paris Exposition that introduced it as an established movement, L'Exposition Internationale des Arts Décoratif et Industriels Modernes.

Continued on page 24





Our Jamie's 5 months this week. His little cradle is from Ethan Allen, too.



Now with Jamie, I can't always browse around the Gallery, so I browse through their Treasury. 392 pages of pictures and ideas, free–you don't have to buy anything.



This is our house.

"WE'RE NOT RICH,

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Meet Judy and Nick Merrill. Second in a series of stories about the kind of people who furnish their house, their way, at Ethan Allen.

"When Nick and I decided to renovate this old house, we knew it would mean a lot of work. But to us it's worth it. Not just because the neighborhood is worth preserving, but because these houses stand for the kind of values that are important to us.

That's how we feel about our furniture, too. And it's why I fell in love with the things at Ethan Allen. They seem committed to making really fine furniture, in styles that never go out of style, like this Canopy Bed from their Heirloom Collection.

When I think about what life was like years ago, when people cherished their few possessions, I realize it's not so different now. Nick and I think about every piece before we buy it, to make sure we get the kind of quality and value we want. You can tell just by looking at it, this furniture is going to last a long time–I bet Jamie inherits this bed! Then it really will be an heirloom."



You know, when our friends come over they can't believe we own such good furniture. When I tell them it's all from Ethan Allen, they're even more impressed. They don't realize that in the long run, buying good furniture from the start is one of the best investments you can make.

Ethan Allen Galleries



COME ON OVER TO OUR HOUSE AND FURNISH YOUR HOUSE, YOUR WAY

Q & A

continued from page 22

Mission-style table

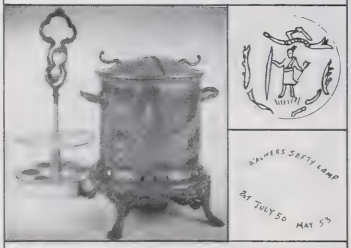


Q. Here is a photograph of my table. On the partly missing paper label glued to it is "This paster together with the device and signature of the maker...This piece was made in my cabinet shops at Eastwood, New York, Gustav Stickley." The patent date looks like Nov. 1, 1904. What can you tell me about Stickley?

C.F.—Ceniville, N.J.

A. Gustav Stickley (1857-1942), the originator of "Craftsman Furniture"—the so-called Mission style of furniture of the era, 1890-1915—was determined to create furniture of streamlined construction and design that would be, in his words, "fitted for the place it was to occupy and of the work it had to do" and which was also "comfortable, durable, and easy to take care of." He stressed the virtues of hand craftsmanship and his furniture was entirely handmade. He considered oak the most durable and best suited for his philosophy. In 1898, he formed the Gustav Stickley Company in Eastwood, near Syracuse, N.Y. He took the medieval joiner's compass as his symbol and borrowed the motto, broadly interpreted "as well as I can" from Jan van Eyck by way of William Morris. In later years, both the compass and the motto appeared with Stickley's name, either burned into the wood or paper label, on all the furniture handcrafted in his shops.

Plated silver egg boiler

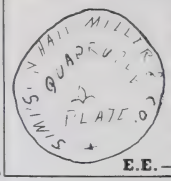


Q. Who made my egg boiler and is the Indian a maker's mark?

P.F.—Bernardsville, N.J.

A. The unlettered Indian mark on your plated silver egg boiler, made about 1853, belongs to R. Gleason & Sons of Dorchester, Mass. The firm was noted for the fine quality of its work.

Connecticut silver mark



Q. I have roughly drawn the mark that appears on my silver caster. From this are you able to identify the maker for me and tell me about when it was made?

E.E.—Lake Wilson, Minn.

A. Your plated silver revolving caster was probably made around the 1880s by Simpson, Hall, Miller & Company, which was organized in 1866 at Wallingford, Conn. It was one of the original companies to become part of the International Silver Company in 1898.

Victorian tea set



Q. From the photograph and the maker's mark, can you tell me when and where my tea set was made?

R.K.—Phoenix, Ariz.

A. The English Victorian silverplaters Elkington & Company, working at Birmingham, made your tea set about the 1880s. The half-reeded bodies and the stylish angularly looped handles ascending above the top of the bodies are classical expressions especially identified with late 18th- and early 19th-century silver hollowware.

Antiqueries



Copies of Louise Ade Boger's book *House & Garden's Antiques: Questions & Answers* which contains more than 900 items chosen from past columns, all arranged by category for easy reference, can be purchased for $12.95 a copy, plus 45¢ to cover the cost of postage and handling. To order, please write to: Condé Nast Books, Post Office Box 3308, Grand Central Station, New York, N.Y. 10017, enclosing your remittance and correct mailing address.



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From top to bottom:
Michelangelo 4-pc. serving set in stainless.
Relish tray in silverplate with glass insert.
Venetia iced drink spoon set in stainless.

Fluted serving dish in silverplate.
Set of 4 napkin rings in silverplate.
Act II 20-pc. service in stainless with tray.

Chateau 4-pc. steak knife set in stainless.
Compote in silverplate.
Bamboo salt and pepper set in silverplate.



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BY PAULA RICE JACKSON

Beauty from the inside out

A very personal interview with artist, designer, and author Gloria Vanderbilt

The busy American woman. The beautiful, active American woman. She's become a national symbol, an international ideal for modern women everywhere. But how does it happen? *Not* by magic, according to Gloria Vanderbilt, one of the most multifaceted artists working in America today. Her new book, *Woman To Woman* (Doubleday), though not an autobiography, is a discussion about how she became an artist and about finding the art in living. Gloria Vanderbilt is first a painter, famous for her collages with textiles. She also designs—fabrics, china, glass, flatware, jeans and blouses, stationery, wallcoverings, and clothing for children. She is the mother of four sons, two of whom are in their teens. She finds the subject of beauty intriguing and in this interview her remarks are surprising, refreshing, and useful.

"The fact is," she says, sitting in her sun-filled living room on a freezing, crystal-bright afternoon, "the fact is that beauty and health are reflections of a woman's mind and her soul. As simply as I can express it, a beautiful woman, a person, radiates from within. Each woman works from an ideal image that she constantly carries with her and that she constantly strives to recreate day after day. The image may come from her childhood, or from her dreams, or from art, or from a certain style or grace shown by a friend or acquaintance—no matter. You happen to be asking me about beauty at a time in my life when I really have very little interest in the nuts and bolts approach to makeup and clothes. My own concerns with both makeup and clothes now are very minimal. This has not always been the case, but it is now. It has to be in order to accomplish everything I've set out to do. Just look at what's happened in these two years alone: I have the book, the design firm, the national traveling—the more you do, the more you *can* do, of course. So I find that part of a busy woman's time for beauty has to do with paring down and simplifying the details. The thing that has happened to me, the thing about success is that the more it happens —the more you have to do *superbly*. You think it's going to end, that you'll get some time to yourself, but it doesn't and you don't. There are always more demands and the escalating sense of responsibility. Yes, it's fun, but when I realize that it will be another year before I have a block of time for some consistent painting, I'm amazed."



DUANE MICHAELS

Gloria Vanderbilt in her design studio

Where does the energy come from? "Generally, I'm up everyday at 5 A.M. It's simply my *internal clock* and over the years I've learned to listen to it. My two sons, Carter and Anderson, are up at 7 A.M. which leaves me two full hours of undisturbed quiet in which to dream, meditate, plan, rehearse, resolve, experiment, or whatever until the day begins for the rest of the world. In that free time I try to center as closely as I can on what really matters for that day. I try to analyze what needs to be done, in what order, and how much appropriate energy it should take. An internal clock is much like metabolism in the sense that it changes at different times of your life. Now, as opposed to ten years ago, I require less sleep. These quiet hours provide a serenity, which I believe is a necessary foundation for every woman's busy day. These hours give the day a lovely face. Let me try to explain what I mean with another example. If there were one best thing that I could recommend to every woman for her well-being, her looks, and her disposition, it would be to take a day off every month or so. She should give it to herself and fill it with whatever small, inexpensive pleasures she needs. She needn't wear makeup that day, for example. She should go to a movie *she* wants to see, browse through books *she's* vaguely interested in learning from, go to a museum show *she's* curious about, in other words, make the time to zero-in on her interests, irrespective of what anyone else thinks. These small satisfactions do change the way she interacts with her family, her job. But they are very different from what I call the enlightened selfishness we've been dominated by in this decade. When a woman gives so much of her time, love, thought, consideration, and energy to her family and her work, these small indulgences restore in a measure beyond belief. A woman's private time is invaluable. Since time grows continually more precious for everyone —it is *not* an endless commodity—it may be that we need to reevaluate the commitments, projects, and friendships we're giving our time to. And here's a source of energy I have tremendous faith in—the power of supportive friends. Don't let blighters take away your energy. One *must* have supportive images throughout life. Who we select as friends, who we gravitate towards has important consequences to our abilities to create, love, enjoy, and share. I'm for having life-enhancing friends near whenever I can. They're the ones beauty can happen with.

"Exercise? I walk. Whenever, wher-

Continued on page 30


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JEWELRY BY BORIS
You like your life.
You like your loves.
You like yourself.
Let Cabriole get your message across.
Cabriole
by Elizabeth Arden



LOOKING GOOD

continued from page 28

ever I can. It's a mini-break during the day I'm always ready for. Walking is therapy for mind *and* body. Diet? One full meal every day, and for a light lunch, I love water-packed sardines. It's great to find out that they're so good for you, too. Here's a tip about dinner parties. I eat *before* I go. At about 6 in the evening. It makes sense, because no matter what the invitation calls for, you practically never sit down before 10. That's usually my bedtime! So I'll have some elegantly small portion of salad, soup, or fish the hostess is serving and that works just fine for me. And believe me. I LOVE to eat.

"My beauty routine is quite simple. A hot, hot shower to start the day, a cup of instant coffee for my musings. My skin is scrupulously and systematically cared for at the Janet Sartin salon in New York and I continue the treatment with her products at home. Makeup is at its simplest but most effective minimum, depending on whether the day will be spent in the studio painting or whether I'm traveling, being interviewed, selecting fabrics, whatever. For something special, such as a photography session or an important party, I'll have a professional make up artist to work with. I have my hair cut and shaped every five weeks, and it's washed and blown dry every two or three days. Neutrogena Hand Cream, the Norwegian formula, is my hard-working favorite in cold weather and after washing my paint-spattered hands with turpentine. If something works—stick with it. It's a way to simplify. My clothes are the simplest for the studio—a black sweater with black jeans, comfortable shoes, maybe a soft black shirt. Otherwise, for day, I want what's comfortable and I may buy several of the same style of a dress in different colors if the fit, comfort, and cut are right. The point is to *wear it and forget it*. I don't believe in seasonal colors, so I'll often wear the same colors all year round. When I shop, I try to buy staples that will last the year—expensive, well-made shoes are worth it. You should also make time for planning ahead; for an important day, do a small dress rehearsal. Attach a long hook inside the closet door and hang everything you'll need from stockings to lingerie to a sweater, blouse, and hang a small sachet with them to scent them. Fill your pocketbook with exactly what you'll need the day before: the same for an evening bag. Jewelry, scarves, and your fragrance should also be easily at hand to save time. The result is that your mind will be free to do your job, free of nagging doubts about zippers, buttons, hems, or an uncomfortable, unattractive fit. Organized closets, drawers, lingerie-sacs all help simplify and systematize these daily concerns. They add to a woman's poise and fashion polish. As to the organizing of my time, I couldn't manage without a wonderful personal appointments book I order every year from Frank Smythson, through the M & M Company, at 501 Madison Avenue, New York City 10022. I keep everything in it from quotes I want to remember to addresses and each day has ample room in which to write notes to myself. Organizing time is critical to every woman's sense of calm and control.

"I feel very strongly that one of the most revolutionary aspects of this century has been to make beauty and health available to everyone. American women are constantly involved in self-improvement. I'm proud of my age and the experience that has come with it. I'm not interested in looking younger than I am, but I also feel that I would take steps to look vital. In our society, the superstition is often expressed that women are foolishly involved with their appearance. Pride goes much deeper than that, I'm sure. Age, change, and wisdom do not come easily for women—or for men. But as I see it—ripeness is all !"

EXPANDING YOUR POTENTIAL

"Here's a sort of loose calendar, which I have found to be very helpful to uncover and develop new interests and capacities. Sometimes the idea of growth needs some getting used to, and I find this yearly effort pays dividends in both energy and ideas."—*Gloria Vanderbilt*

May—June

Hit on some area of special inner interest. It might be an idea or a craft or a historical period. Put together a reading list and be sure to draw parallels from your own life. It will help you discover the underlying motives that have caused you to make this choice.

July—August

Use your leisure to read, think about, and explore your new interest. Try to meet someone who is an expert or visit a crafts museum if your selection involves a craft, or even plan a vacation around this interest or a location it involves.

September—November

Begin your project in earnest. You may need special instruction or tools or materials but set yourself a deadline. Perhaps your projects could culminate as presents for the holidays.

December

Allow yourself a fallow period to review what you've been doing, to reflect on its significance.

January—February

Find a way to make your project entirely your own. How can you take your new interest and transform it into something

Continued on page 32

enter **Chloé**

"A woman does not put on my fragrance. She enters it."

Karl Lagerfeld



Parfums Lagerfeld · Paris

LOOKING GOOD

continued from page 30

which is expressive only of you? How can you give it its widest importance?

March—April

Reflect on what you've chosen and accomplished and try to expand your project to involve more aspects of your life. Another year's cycle will have passed and you are nearing the beginning of another. Where will your eye take you next? It's a great challenge!

Beauty and health products new this month in the stores

What's new . . . For your skin? One of the first signs of dryness that says your skin is just beginning to lose its moisture and its resilience comes just under the eyes at the tops of the cheekbones. There are no natural sebaceous oil glands in that area of your skin, so it's always the signpost. You need something to lubricate that delicate skin without pulling it, stretching it, or smothering it with a heavy-textured oil or cream. This spring *Elizabeth Arden* adds a third product to its very effective "Visible Difference" group of skin-care helpers. **Visible Difference EyeCare Concentrate** is a lightweight fluid that is quickly absorbed by the skin's thirsty top cell layers. You only need *one* drop. And a pump-dispenser on the bottle ensures that's what you'll get. The concentrate will work with your attendant foundation and subsequent eye makeup—you just replace it after you cleanse at night. $15 a half-ounce bottle at fine department stores and drugstores across the country.

Ultra Sun Block Creme (SPF-15) is your skin's defense against the sun, especially if you're blonde, blue-eyed, and an active-sports lover. The number 15 is the highest protective rating the government has, and it means that you'll be able to stay in the sun 15 times longer than you'd be able to without the protection, before you'd begin to redden. If you're like most blondes, that means you can be out for 6¼ hours instead of 25 minutes! The first day at the beach or on the water is the day you need #15 most. $3.50 by *Bain de Soleil* at drugstores everywhere.

What's as refreshing as a cold glass of water on a hot day? A cool spray of water on your face. **Evian Mineral Water Spray** is an atomizer of pure water from the Evian spa in France—it's the same as the bottled water you can buy at the market. But the secret of making it a great, natural moisturizer for your face is the nitrogen inside the bottle, which breaks the water into a million tiny vaporous water-beads. Splashing your face with mineral water isn't the same, because it just rolls off. These micro-fine mists stay put until they evaporate. Evian's pH is 7.18, which is almost neutral, and a small, neat size, just 5 ounces, is the new one to try. It'll last about 3 months. About $5.50 at fine drugstores and cosmetic counters.

For your feet? There's nothing like an effective foot massage to refresh you after a busy day. Everyone seems to have her own special way of doing it, from a soak in Epsom salt to once-over-lightly with mineral oil. **Barielle Total Foot Care Cream** is a water-based, greaseless cream that's rich in proteins, emollients, and moisturizers. Use it once or twice a day, and don't worry, it won't discolor stockings or the linings of your shoes. $8.50 for 2 ounces at good drugstores and cosmetic counters.

For your hair? What's new is also free. It's the **Gil Ferrer Personalized Hair Treatment Manual**, a 22-page, large-sized booklet that's all about *your* hair and *your* proper care program. $1.50 for mailing charges. Write to Gil Ferrer, 21 East 74th Street, New York, N.Y. 10021.

For your spirit? A new fragrance called **Piqué**. It's a flower-lover's floral scent—a topnote of tuberose with jasmine, magnolia, and lily of the valley to enrich a bouquet. You can find it in perfume, cologne concentrate, and a misty light cologne wrapped up in white piqué paper, but only at your hairdresser's. $25 a quarter-ounce; $37.50 a half-ounce. And to try it, there's a "touch-up" size at $8. By *Redken*.

PAULA RICE JACKSON

Your fragrance and herbal almanac



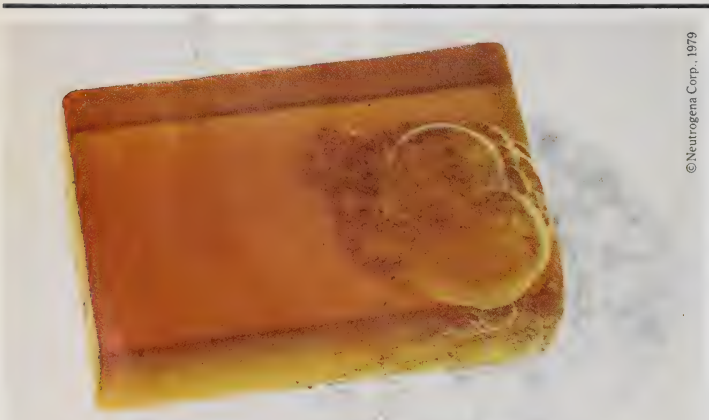
The sign: **Taurus**
Circa: April 20-May 20

"Take a thousand Damask roses," is the first line of a potpourri recipe dated 1625 and published in *The English Housewife*. Dried rose petals and buds, as well as rose oil, have always been primary ingredients in sachets and potpourris. The old-fashioned roses such as Cabbage, Damask, and Provence have the most enduring fragrance. Nature-loving Taurians can find **Mr. Lord's Rose Pot Pourri** at Caswell-Massey—a blend made entirely of rosebuds. Write Caswell-Massey at Lexington Avenue and 48th Street, New York, N.Y. 10022 for its catalogue. New **Adolfo** has a sweet floral top note and Taurus men might indulge in the richly scented **John Weitz** grooming products.

MARIA REACHI

Correction

The New Beauty and Health Products column in February, 1979 *House & Garden* reported a new group of skin care products for men called "Classic" by Alexandra de Markoff. If you haven't been able to find it, it's because its new name is **Aston**. Look for it at many major department stores toward mid-May.



©Neutrogena Corp., 1979

This soap was developed for sensitive skin, so it's bound to be good for yours.

NORMAL-TO-OILY SKIN | ALLERGIC SKIN | SKIN WITH ACNE | DRY SKIN



Look for it at better drugstores everywhere.

MOST PEOPLE PUT MORE THOUGHT INTO BUYING A 50¢ CARD THAN A $50 PIECE OF JEWELRY.



Unless you think carefully before buying someone jewelry, your gift could end up like even the most thoughtfully chosen card.

Forgotten by next year.

That's why this year we want to give you the facts first. So you won't have second thoughts later on.



HOW 14KT. GOLD IS MORE VALUABLE THAN 24KT. GOLD.

At over $200 an ounce, 24Kt. Gold is pretty precious.

But as jewelry, it's not worth much.

That's because it's so soft that a pure gold bracelet would bend out of shape and wear away.

An alloy, however, made of 14 parts gold and 10 parts stronger metals is just as beautiful and wears much longer.

Which is why 14Kt. Gold jewelry is more valuable to you. While at the same time it's less expensive, too.

HOW TO SAVE LETTUCE WITHOUT GIVING UP KARATS.

Even 14Kt. Gold can set you back a bit.

So the important thing isn't how much money you spend. It's how wisely you spend it.

Krementz 14Kt. Gold Overlay has all the richness and strength of 14Kt. Gold.

At a fraction of the cost.

So not only can you afford to give our 14Kt. Gold Overlay. You can afford to wear it.

WHAT KREMENTZ 14KT. GOLD OVERLAY HAS OVER COSTUME JEWELRY.

A lot more gold.

That's what makes the difference between costume jewelry and Krementz jewelry.

You see, most costume jewelry is electroplated with a thin film of soft gold that's little more than just a coloring.

So wear points look worn very quickly. Copper and brass underneath give the jewelry a tarnished look.

And turn your skin green.

But Krementz 14Kt. Gold Overlay starts with a non-corrosive base. Pure nickel.

To which is bonded more than 30 times the amount of gold you'll find in most costume jewelry. With even thicker gold on wear points.



IT TAKES MORE THAN 300 HANDS TO CRAFT WHAT YOU WEAR AROUND YOUR NECK.

Today, all costume jewelry is made by machine.

Krementz 14Kt. Gold Overlay is hand crafted almost the same way it was in 1866.

Because hand crafting makes for much higher quality. And greater detail. The kind that makes Krementz' style so exclusive.

And so timeless we guarantee it. For as long as there's someone to pass our jewelry on to.

Now isn't that a nicer way for a gift to end up?

It makes giving Krementz worth some thought.

Krementz®
SINCE 1866

'RITE KREMENTZ & CO., 33 CHESTNUT STREET, NEWARK, N.J. 07101 FOR A FREE COPY OF "UNIQUE—THE STORY OF KREMENTZ GOLD OVERLAY JEWELRY." AND ASK FOR KREMENTZ 14KT. GOLD OVERLAY AT YOUR FAVORITE JEWELRY OR DEPARTMENT STORE.



Tamiami. From the Brown Jordan collection.

Excellence in handcrafted aluminum casual furniture. Admittedly expensive. And worth it.



It's the incredible Le Chef Food Processor from Sunbeam.

I love to cook—whenever I can spare the time. But those recipes that call for half a day's worth of chopping, pureeing and slicing really used to intimidate me! Now, with my Le Chef, I can do those jobs in seconds. Really! And not just for entertaining, but for everyday dishes too.

What's so special about the Le Chef Food Processor? The motor is surprisingly quiet and powerful. Sunbeam calls it direct drive. I call it incredible. Le Chef easily kneads stiff yeast dough without stalling. And its super capacity container lets me prepare enough for a crowd, all at once. The Touch On/Touch Off pulse control makes for instantly regulated action, so I'm less likely to over-process foods by mistake. The Le Chef Food Processor comes with 4 processing blades and discs, for handling each job just right. The multi-purpose blade for minced onions or homemade hamburger, the shredding disc for cheddar cheese or cole slaw. The slicing disc turns out perfect, even slices of vegetables or sausage. I use the mixing blade for cake batter and desserts.

There's even a handy spatula and a complete 64-page recipe book included.

Le Chef, the amazing, indispensable food processor for everything from apple pancakes to zucchini. From my favorite appliance company. Who else but Sunbeam.



Sunbeam

Love their quality!
Shirley Jones



The item shown in the above advertisement is not coated with DuPont TEFLON. However, other items made by Sunbeam are DuPont TEFLON for easy, low-calorie cooking, and are safe to use.

Sunbeam Appliance Company, a division of Sunbeam Corporation ®Sunbeam ™Le Chef ©Sunbeam Corporation, 1978







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In it I have surrounded myself with things I love that I have collected. It gives me great pleasure to look around and enjoy it. Architectural Digest has furnished me with a beautiful photographic record of this haven which I shall always have—in the event I decide to change any part of it. After all, a woman wouldn't want to eliminate the possibility of using her natural prerogative, would she?"

—Dinah Shore



Architectural Digest is no longer primarily about architecture. Nor is it a digest. Over the years it has become what the Wall Street Journal recently called "the preeminent publication in the world of interior design."

And some of our most critical, demanding and important-to-please readers are those whose homes we portray.

Therefore we are always especially pleased when we receive a letter like the one above.

Julia Child, too, was thrilled with "the splendid feature about our Cambridge home. We are absolutely delighted to have the copy, which we shall treasure the rest of our lives," she says.

And Diana Vreeland found our coverage of her home "too delightful for words. Your photographer is a genius, and so is your writer. How beautiful the whole magazine is."

Because of our high standards, we have won the respect of the top interior designers and their clients. As a result, we are invited—and sometimes, frankly, begged—to include some 700 outstanding interiors a year. From those we choose only *la crème de la crème*—one out of every ten.

In addition, we seek out the private homes of such celebrities as Fred Astaire, Truman Capote, Yves St. Laurent, Jean Arthur, Mary Tyler Moore, Givenchy. And evoke with color camera and pen the grandeur of such magnificent historic houses as Sir Winston Churchill's Chartwell, Falaknuma Palace in Hyderabad and North Carolina's Biltmore House.

If you love beautiful homes—and are curious about what marvelous effects have been achieved behind the closed doors of delightful country estates, penthouse apartments, Mediterranean villas, imposing old townhouses, film stars' mansions, French provincial castles—isn't it about time you, too, discovered *Architectural Digest*?

To make the discovery easy, we invite you to mail the postpaid card for a complimentary copy (retail value $2.95). No obligation to continue as a subscriber on the terms in the card) unless you are delighted and feel that you want to.





DEAR HOUSE&GARDEN

BY MARGARET MORSE

Answers to your questions. Here we share some letters from our readers

Color lift for rugs

Q. We have a Japanese rug that is about 15 years old. The center is gray, the border a blue that has faded considerably. Is there any touch-up product we could use on the blue?
—E.M., Freeport, Ill.

A. The RIT Consumer Service Laboratory tells us many consumers have had success in "reviving" all colors except navy or black on wool, cotton, nylon, or rayon using brush-on or spray-on methods. Both methods take skill and patience, and RIT offers instructions only with the understanding that results are not guaranteed. These methods are not capable of masking stains. For free instructions, please write Department HG at the RIT Consumer Service Laboratory, Best Foods Div., CPC International Inc., 1437 West Morris St., Indianapolis, Ind. 46206. Right after dye has dried, rub dyed areas with a clean damp cloth until no dye comes up.

Dyeing is not recommended for antique or valuable rugs, as it will decrease the resale value. RIT adds that stain- and water-resisting finishes and some fibers (such as olefins, polypropylene, glass or mineral fibers, and some polyesters and acrylics) won't absorb dye except as a light tint.

Lightweight hang-up

Q. In my kitchen, the only place to hang an 18-by-24-inch travel poster is the door, which is of hollow metal. How can I have the poster framed so it's light enough to hang up with mastic?
—M.M., New York, N.Y.

A. A frameless way of protecting posters like yours is plastic laminating. (As the process permanently seals the item in hard plastic, it's not recommended for fine posters or prints or other items with investment value.) You'll find specialists listed in your Yellow Pages under "Laminations." One specialist, Laminall Plastics Co. (11-42 46th Rd., Long Island City, N.Y. 11101) can laminate items up to 21 by 25 inches in size in matte or glossy finish plastic. Laminating an 18-by-24-inch paper item currently costs $12 plus shipping and any sales tax; an 18-by-24-inch snapshot, $14. Quantity orders are somewhat less expensive. For a price estimate on other orders, send Laminall a self-addressed, stamped envelope. Orders must be prepaid. Items to be mounted must be free of tears or creases. Ship between cardboards or in a mailing tube, by insured mail only. Please allow four weeks' delivery.

Laminating is super for turning placemat-sized children's drawings into placemats or for saving brand-new newspaper clippings. If you want to help keep the printing on the reverse side from showing through, specify a black plastic backing, available at additional cost.

Cedar solution

Q. We've just remodeled a beachfront house covered with red cedar handsplit shakes and shingles, so I read with great interest your October, 1977 article about a red-cedar-shingled beach house designed by architect Norman Jaffe. We want our house to weather to the silvery gray patina of driftwood, not the dark color that the cedar shake roofs on neighboring houses have become. What do you suggest? —S.G., Olympia, Wash.

A. According to a spokesperson for the Red Cedar Shingle & Handsplit Shake Bureau in Bellevue, Wash., humidity tends to darken raw wood over a period of years. It often takes many years for sunlight and salt air to bleach the dark color to gray. You can protect new raw wood against humidity and speed up the bleaching process by applying a "weathering stain" (also called a "bleaching stain"). The stains are lightly pigmented to give a driftwoody tint immediately, but the pigments are deliberately subtle so that they can be gradually bleached away by the sun. Generally a weathered silver gray look is achieved about 9 to 12 months after the stain is applied. Investigate at once, as these stains are effective only on *unweathered* raw wood. Two popular brands of bleach stain to look for at paint or hardware stores are Cabot's and Olympic. Several paint companies also market bleach stains.

Quilting quiz

Q. How much extra fabric should you buy when you plan to have upholstery quilted? —A.F., New York, N.Y.

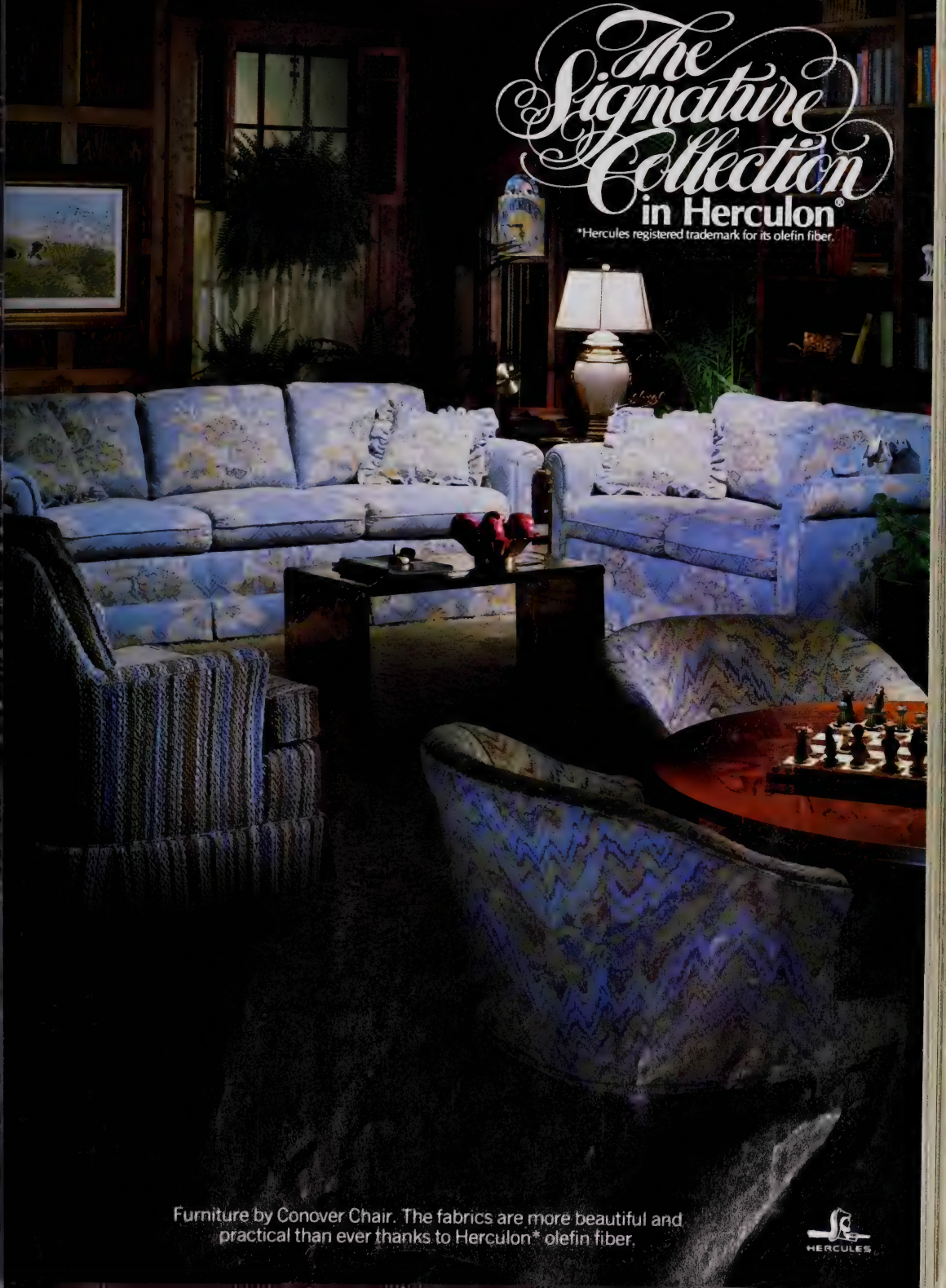
A. Experts suggest you buy from 5 to 8 percent over the amount of fabric needed. For instance, if you need 10 yards to slipcover a chair, but want to have it quilted first, buy ½ to ¾ of a yard extra to be absorbed in quilting. If the fabric has a large pattern that needs matching at the seams, or if you're going to use heavy padding, use the 8 percent figure. *(Continued on page 42)*

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HERCULES

DEAR HOUSE & GARDEN

continued from page 40

Through the looking glass

Q. I'd like to hang 12-inch-square mirror tiles on my dining-room wall, then hang porcelain plates and a clock with brackets over them. Can I drill holes through the mirror to fit fasteners through? —E.M., Baltimore, Md.

A. Don't try to drill mirror tiles if they are the do-it-yourself variety. To be light enough to glue up, they're only about ⅛th of an inch thick, so chances are drilling would shatter them. If you're using such tiles, Gene Russo of Seguin Mirror & Brass in New York City suggests that you take graph paper and plot out your wall and where each tile will go. Plan to hang your plates and clock so each fastener will be placed only where the corners of four tiles meet. Count how many tiles will abut fasteners: On each, use pliers and a glass scorer (from a hardware store) to nip off one corner diagonally so when four tiles are hung together they leave a diamond-shaped hole large enough for your fastener.

For less mess, install fasteners first—plugs if your wall is plaster, Molly or toggle bolts if your wall is plasterboard or anything else. Choose strong enough fasteners—weigh your clock and bracket before visiting the hardware store. Install tiles, let adhesive set, then hang the plates and clock.

Mirror at least ¼-inch thick can be drilled, but it's a job only for professionals. Mirror generally gives a much truer reflection than mirror tiles—it's also too heavy to install yourself and considerably more expensive.

Missing sparkle

Q. Can you tell me who can fill in the missing prisms on my chandelier? —V.S., Louisville, Ky.

A. Replacement parts for chandeliers—prisms, bobêches, cylindrical cups, and such—are a specialty of Gem Monogram & Cut Glass Corp., 623 Broadway, New York, N.Y. 10012. The stock of old and new parts changes constantly, and it's so large that president David Noren often has some amber-, amethyst-, emerald-, or ruby-colored crystal prisms among the crystal-clear.

The wire hooks or "pins" on prisms often become misshapen and rusted over the years, so you may be glad to know that Gem can also provide silver-plated or plain brass pins. Pins are $8 for 200 if the labor is yours—you can cut out old pins and insert and bend new ones with a pair of round-nosed pliers (available from a hardware store or for $13 plus $2 shipping from Gem). Or you can send your prisms to Gem for rewiring at the cost of $1 a prism plus shipping.

To minimize the risk of breakage, wrap each prism separately in newspaper and ship in a sturdy box, by insured mail only. If you're sending prisms for both matching and rewiring, put one newspaper-wrapped sample of each size, shape, and color prism you want matched in an envelope within the box. Enclose a list of the quantities, by type, that you need, plus a count of the prisms you want rewired, and a self-addressed, stamped envelope so Gem can send you an estimate for the replacement prisms: Prices vary widely depending on the quantity and quality ordered. Please note that the *minimum* mail order accepted is $8 for pins or $15 for prisms or prismwork, plus shipping and any sales tax.

Hot towels

Q. Am doing my bathroom over "European Hotelish," and a heated towel bar would be a *pièce de resistance*. Can you help me find one? —V.M., Laguna Beach, Calif.

A. An English heated towel stand that plugs into American house current is available in two models from Hammacher Schlemmer, 147 E. 57th St., New York, N.Y. 10022 (free catalogue). Built of oil-filled, chrome-plated brass tubing, the wall model is 22½ inches wide by 33½ inches long; the floor model 20¾ inches wide, 34¾ inches long. Either holds three rows of towels and costs $139.95 plus shipping (15 pounds).

China matching

Q. My china pattern has been discontinued, and I have plates going begging for want of teacups. I'd like to pick a new pattern that will blend with my old. Do you have any tips? E.S., Glens Falls, N.Y.

A. Joseph Giarracco, china and glassware buyer at B. Altman & Co. in New York, does: Be sure the new pattern has the same background color as the old and, preferably, the same overall shapes, especially in high-profile pieces like cups and bowls. (All good reasons to check patterns by the manufacturer of your old china first.) Try to match porcelain with porcelain, earthenware with earthenware. If the old pattern is gold-rimmed, the new should be, too. If that's not possible, pick a plain, not platinum-rimmed pattern. If your old set is anything but plain, chances are your best bet is either monochromatic china that matches the background of your old or plain, color-rimmed china where the rim color matches the dominant color in the decoration of your old.

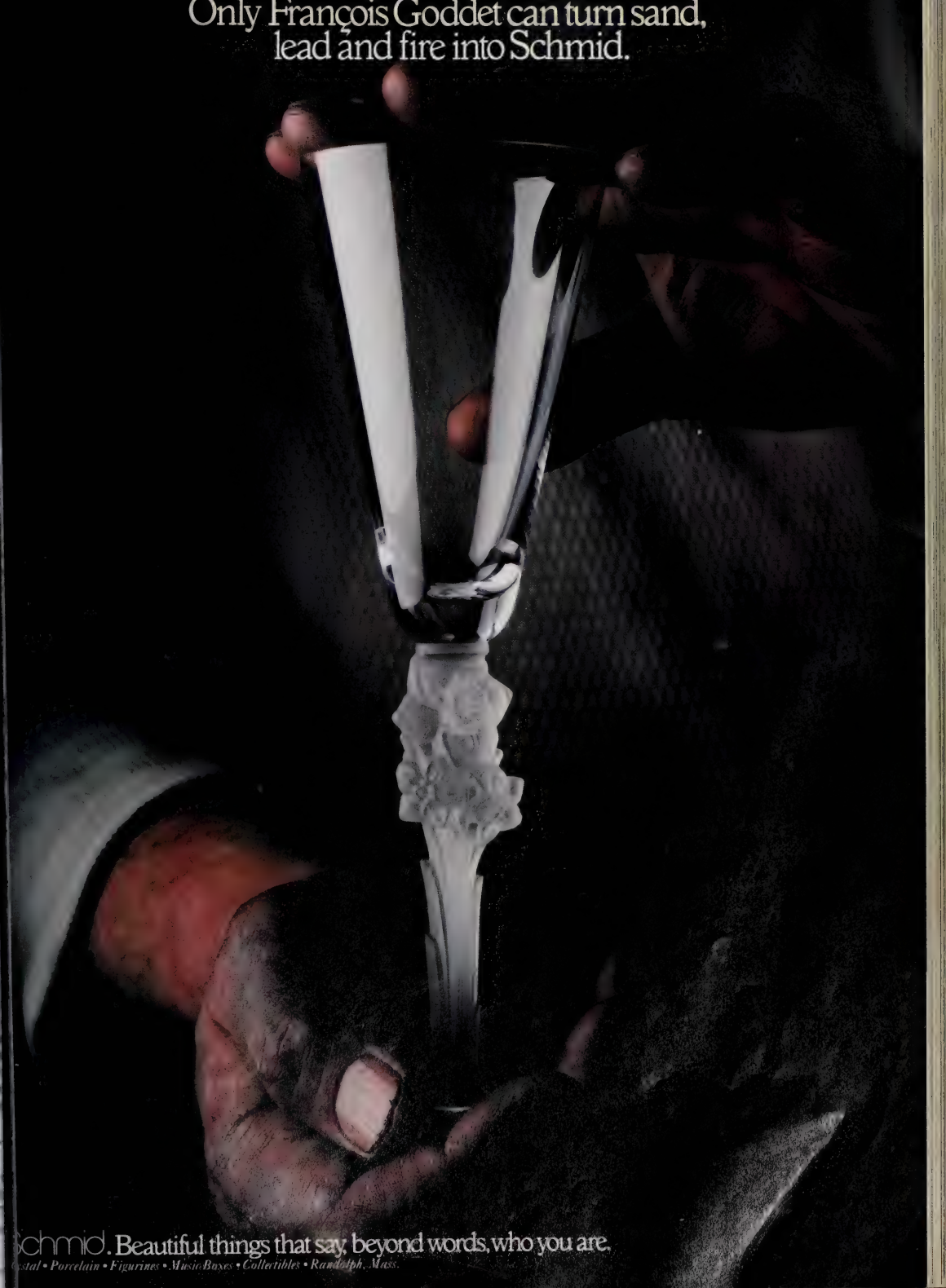
Correction

In the April, 1979 issue, page 46, the price of *Kites: The Gentle Art of High Flying* should have been $4.95 plus 75¢ shipping. For this or the other kite book, local sales tax must be added.



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GPH

Introducing the new Grace Kelly Pressed Flower Collection

You know Grace Kelly, the actress, from her starring roles in many films. Including her Oscar winning performance in "Country Girl."

What you may not know is that Grace Kelly is also talented in another realm of the arts: creating sensitive, delicate pressed flower collages.



Miss Kelly's original collage, Fiona.

She's been giving collages to friends for years, and they encouraged her to have a public showing of her art.

In 1977, at the Galerie Drouant in Paris, Grace Kelly had her first one-woman show.

The public loved it. And so did we.

We've had a long association with the arts in developing many striking patterns for Springmaid sheets and other bedroom accessories.

We've derived inspiration from collections in the Guggenheim and the Metropolitan museums.

So it was only natural that we turn to Princess Grace and ask her to produce a series of pressed flower collages that we could adapt for our use.

To quote Miss Kelly, "Few things are as lovely as the natural, delicate colors of a pressed flower arrangement. They capture the essence of the flower and age softens them to a lovely harmony."



We think the results of our collaboration with Miss Kelly are beautiful, and so does she.

You may see these designs in the Springmaid Grace Kelly Pressed Flower Collection, at fine department stores.

There are three lovely, colorful patterns with old Irish names: Selia, Tamora and Fiona.

The fabric is a blend of 65% polyester and 35% cotton, so they feel as heavenly as they look.

There are sheets, pillowcases, bedspreads, dust ruffles, comforters, shams, draperies, napkins, tablecloths and placemats.

And you'll know it's a Grace Patricia Kelly design when you see her distinctive GPK initials.

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BY RICHARD LANGER

How to garden out the window

What makes the best window boxes and how to plant them for year-round color

What can make looking outside more pleasant than a window box full of colorful blossoms? Americans tend to be down-to-earth with their gardening, but window boxes are easy to tend and can be cheery all year round with a change of foliage for winter. Most people think of the plants in a window box as outdoor plants, when in fact the care of them is really the same as it is for indoor house plants. Basically, a window box is a pot. It dries out more quickly than a garden flower bed. The roots of the plants bake more easily because the soil compacts just as it does in a flowerpot.

The solution is to use a thick-sided wooden box that does not conduct heat well, loose potting soil, and plenty of water. That's all that stands between you and a flower box overflowing with color. Really.

First fill the box with a 1- to 2-inch layer of coarse gravel mixed with 10 to 20 percent charcoal. Crushed barbecue charcoal works fine if you can find the real thing. *Do not use charcoal briquets that have been chemically treated.* The chemicals in them will kill your plants. Use the pet store variety instead, or, if necessary, skip the charcoal. It's a plus for good plants, but it's not absolutely necessary.

Next, fill the box to within 2 inches of the rim with soil. A prepackaged rich potting soil works well. Or you can use garden soil if you mix it with equal parts peat moss, sharp builder's sand, and compost or leaf mold. Add a cup of bone meal and another of dried, aged manure. The soil must be rich in nutrients, while at the same time allowing good drainage.

Set the plants in place, leaving about 4 inches space between marigolds and petunias and about 8 inches between geraniums. Plant at least two rows. Single rows in a window box will never give you that rich display.

A week or two after planting, mulch. It may sound strange to mulch such a small garden. After all, there isn't much of a chance for weeds. But mulch guards against heat. A 1-inch layer of cocoa or buckwheat hulls will keep things cool. Also, the hulls will break down, enriching the soil. With a 1-inch mulch layer in place, you'll have 1 inch from the top of the soil to the rim of the box. This is your water reservoir. If the box is on the sunny side of the house, during July and August you'll find you may have to water the box right up to the rim every second day. On the shady side, you'll water less. Remember, drying soil is the most common malady, and it's hard to overwater a window box with good drainage. Fertilize regularly as you water. Make sure to pinch back the young plants as they grow and remove the dead flower heads when necessary. You'll be amazed at how grand a display you'll have.

What to grow

On the whole, a simple window box is the best one, both because of the ease with which you can care for it and because it keeps things from looking fussy. That's why you'll often see boxes filled with geraniums and nothing else.

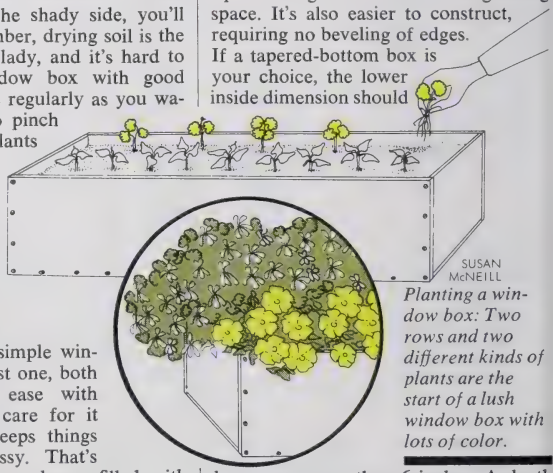
Geraniums in a sunny window box are pretty much foolproof. But don't be afraid to mix. Two kinds of flowers can make for a more striking effect. So, besides the geraniums, consider some semperflorens begonias, petunias, or marigolds. Try some sedums or even iresine for colorful leaves as well.

And don't forget the shady side of the house. An east or north wall can sustain a striking display of, say, tuberous begonias or impatiens set off by trailing ivy. And it's usually the darker side of a home that can most use a splash of color.

Tips on boxes

No matter how long your window sill, don't make the boxes themselves longer than 3 or at the most 4 feet long or they will be difficult to handle. Anything smaller will cramp your flowers.

Then there's the question of taper. Some people like their boxes narrower at the bottom. Personally, I find the square box gives the roots more growing space. It's also easier to construct, requiring no beveling of edges. If a tapered-bottom box is your choice, the lower inside dimension should be no narrower than 6 inches. A depth of 7 to 8 inches is desirable. Keep those dimensions in mind whether you're buying ready-made boxes or having them constructed.



SUSAN McNEILL

Planting a window box: Two rows and two different kinds of plants are the start of a lush window box with lots of color.

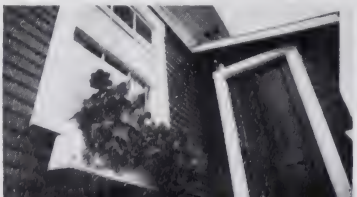
Something else to consider is the fasteners. Window boxes should never be nailed together, or they will pull apart in a year or two. They should be screwed together, and preferably the screws should be brass ones. This goal may be impossible unless you have the boxes custom-made. Brass is costly, but in the long run it is well worth the money, for the window box made with brass screws will last perhaps twice as long as the one held together with steel screws.

If screws make you think of wood, you're on the right track. Although there are some metal window boxes on the market, these are practically worthless. The sun beating down on the metal sides will turn them into toasters, drying out your plants' roots. Wood, on the other hand, acts as insulation, keeping the underground part of the plants almost as cool as if they were growing in the ground.

For the same reason, the wood should be at least an inch thick. The types of

Continued on page 48

White window box for a red house holds red begonias, blue lobelia. From The Window Box Primer, *see page 256*



MICHAEL GEIGER



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Cardinal, 6" high, $24.* "Double Canaries," 10" high, $100.* "Hummingbird," 6" high, $24.*
Main illustration: "Double Eastern Bluebirds," 10" high, $100.*
*Suggested retail price, subject to change without notice. Gorham, Providence, R. I. 02907.
GORHAM THE GIFT WORLD

continued from page 46

wood that serve best are cypress, redwood—for their durability—and fir—for its strength. To help keep things cool, a window box should be painted a light color. Off-white or cream are the colors that usually display the flowers to best advantage. Green tends to end up clashing with the foliage. Staining or simply treating the boxes with a wood preservative are also possible choices. However, do not use a wood preservative on the inside of a window box. The preservative could leak into the soil and harm your plants. Still, left natural, the inside will quickly rot. So, even if you stain the boxes outside, the insides must be given a good coat of exterior-quality paint to seal them from the soil's moisture.

The final point to consider is drainage. The bottom of your box should have ½-inch holes spaced about 6 inches apart. Cover each hole with broken pottery before filling in the soil.

How to fix the winter box blues

Although the gardening trials of winter seem far away during the present golden growing season, keep those bleak days in mind. For few things are more desolate than a once gaily colored window box filled with the frosted brown remains of summer's former bountiful flowers.

But just because nothing will grow in the cold season does not mean the winter window box can't add its cheer to the snow-covered landscape. First, when fall comes and the flowers have faded, remove all the plants, including their roots. Then top off the window box with a layer of peat moss and dried manure. They will break down over the winter enriching the boxed soil for next year's planting. Then arrange boughs of evergreen or fir to fall over the edge of the box.

Brightly berried holly, buckthorn *(Hippophae rhamnoides)*, or bittersweet nestled among the boughs will add contrast in texture and bright splashes of color to summon up the holiday season. One warning about bittersweet. I mention it because many people feel no winter bouquet is complete without it. However, it can become a terrible inconvenience if you have a garden. Self-seeding and aided by the birds who love the berries, bittersweet can become a major nuisance, growing where it has no right.

Besides the color of berries, add a grouping of dried cattails, milkweed pods, silver-dollar plants (*Lunaria annua*), or wood roses (*Merremia tuberosa*). Any of these will add a dimension of height to your display. Then, come the holiday season, if you wish, you can wrap a red ribbon and a bow around the box itself. With or without it, you'll have a cheery window box all winter long. ■





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PONT
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BY PAUL GROSS

How to buy or fix up a house on terms you can live with

Where you can find the best deals in mortgages and home improvement loans

With interest rates and housing prices at sky-high levels, shopping for a mortgage and home improvement loans pays more handsomely than it ever has before. How much you can borrow, the interest rate charged, the length of the loan, and the repayment schedule differ from bank to bank. The more time and effort you spend shopping for good terms, the better your chances of finding financing that you can afford. And fortunately, there is a host of new kinds of mortgages from which to choose. In fact, it's getting so that a prospective home buyer can find a mortgage almost custom tailored to his or her financial needs.

If, as is often said, buying a house is the best investment you can make, making improvements to it can be second best. Generally, you can figure on recouping between 50 and 100 percent of what you spend on wisely made home improvements when you sell your house. "Wisely made," of course, is the key to getting as much of your money back as possible.

Of all the improvements you can make, those that cut energy costs tend to pay off the best. Energy-saving home improvements will not only help you get a higher price for your house, but will help sell it faster. That will prove to be even truer in the years to come since the experts forecast higher energy prices.

Finding the money to improve your house

Finding the right kind of financing for a home improvement is as important as deciding what kind of improvement to make. After all, it will add to your debt burden. If carrying a new loan becomes too painful, it could destroy the pleasure you get from your new addition. Where you go for funds will, in large part, be determined by your current assets, how much you want to borrow, and your access to various institutions that can lend you money.

If you own a whole-life insurance policy, it may well be the cheapest source of money you can find. You can borrow against the cash value build-up of your policy at an interest rate of between 5 and 8 percent—depending on where and when you bought the policy. Moreover, all you have to repay is the interest, not the principal. Do note, however, that the insurance company will subtract the outstanding balance of your loan from the policy's face value when proceeds are distributed to your beneficiary. For example, if you have a $100,000 policy and borrow $15,000, your beneficiary would get only $85,000 when you die.

Borrowing against a passbook savings account is probably your next cheapest source of funds. Most banks will charge you an interest rate of only 3 percent or so more than your passbook account interest rate. So, if you earn 5½ percent, the bank might charge 8½ percent.

Alternatively, you can borrow "on margin" from your broker against the stocks or bonds that you own. Stock brokers will usually charge their best customers less than a bank would charge for a personal loan. Generally, brokers will let you borrow as much as 50 percent of the current value of stocks listed on an exchange, 70 percent of current value of corporate bonds, and 90 percent of the current value of Federal government bonds. One caveat: The securities, your collateral for the loan, may well be volatile. If the value of the securities you have "margined" should fall in value, you will have to ante up more money to your broker to keep the margin level even. If you don't, your broker will do it himself by selling off some of your securities to make up the difference.

Borrowing from a credit union is also a good bet, if you are a member of one. Credit unions generally charge less for home improvement loans than banks or savings and loans associations.

You might also ask a lending institution if it offers a Federal Housing Administration (FHA)-insured home improvement loan. You can borrow up to $15,000 at 12 per cent interest for up to 10 years under this program. That's the maximum set by the FHA—some banks will let you have less and for a shorter period of time. The only solution is to shop around for a lending institution that will give you the best possible break.

If you have built up substantial equity in your house and need a lot of money for a home improvement, consider taking out a second mortgage on your house. Generally, you can borrow the money for between 5 and 20 years. But before you do, make sure it's worth your while. At some banks, second mortgages cost more than first (regular) mortgages. And refinancing your present mortgage isn't a good idea: If you have had your mortgage for any time at all, you're probably paying a much lower interest rate than a bank would now charge.

Finally, if you are planning an urban homesteading—going into a city's poorer neighborhood to rehabilitate a rundown house—you may be able to get an Urban Renewal Home Improvement Loan from the Federal government. It's the cheapest money around—3 percent interest is all you have to pay. However, this money is available only in certain areas selected by the government.

Finding new-house money

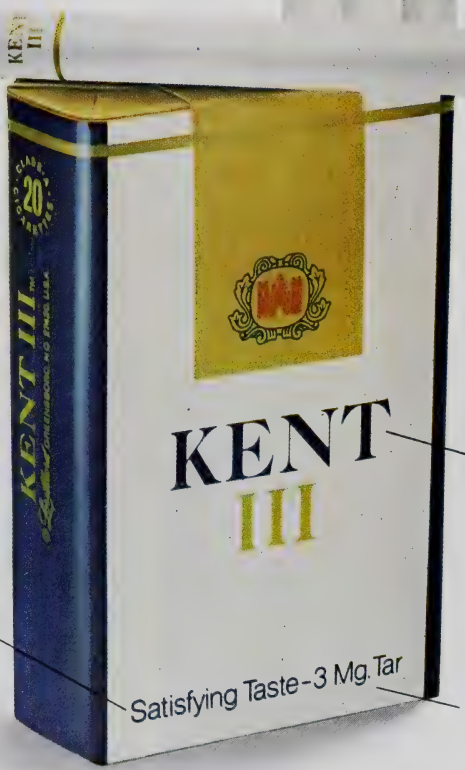
If you are considering buying a new house, here is a guide to finding mortgage money. *Conventional mortgages,* old standbys, are offered by commercial banks, savings and loan associations, savings banks, mortgage companies, and credit unions. However, while they are called conventional, differences abound. Some banks lend more than others. Moreover, interest rates can differ by as much as a whole percent depending where you go. And the amount you have to put down can come to as little as 5 percent—or as much as 50 percent—of the purchase price. Finally, the length of the mortgage can range between 20 and 40 years.

Those can be costly differences. For example, the difference between a $50,000 30-year mortgage at 9 percent interest and one at 9½ percent interest comes to $6,519.60. A $50,000 mortgage at 9 percent over 20 years is some $77,163 cheaper than the same mortgage over 40 years. Of course, the 20-year mortgage costs $449 a month while the 40-year mortgage costs only $385 a month—which makes it much easier on

Continued on page 52

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continued from page 50

your pocketbook. What's more, if you are in a high tax bracket, you can probably use the extra interest deductions. Finally, the extra interest costs over the life of the mortgage are meaningless if you don't plan to live in the house for the rest of your life.

An *insured mortgage* might be the ticket if you have a problem raising the money needed for a down payment. Commercial mortgage insurance companies as well as government agencies such as the Federal Housing Administration and the Veterans Administration offer mortgage insurance. When a mortgage is insured, less of a down payment is required, because the bank is assured of getting its money back if you default on the mortgage. Hence, the down payment, which is ordinarily used to protect the bank against this risk, can be reduced or eliminated entirely.

Commercial mortgage insurance companies, such as Mortgage Guarantee Insurance Corp., insure the down payment a bank would normally require. And that will let you buy a house with as little as 5 percent down. What's more, the insurance doesn't cost very much. Mortgage Guarantee Insurance Corp., for example, will charge you an amount equal to 1 percent of the amount being mortgaged when the deal is closed and ¼ of 1 percent a year on the outstanding balance over the next 6 or 7 years. On a $60,000 mortgage, the initial fee would come to only $600.

The Veterans Administration and the Federal Housing Administration mortgage insurance programs tend to be more restrictive. The VA, for example, will insure only up to 60 percent of a mortgage. And the interest you can be charged is set at 9½ percent. Moreover, the mortgage is subject to a VA appraisal of the house you intend to buy. In addition, there is an origination fee—call it a service charge—that amounts to 1 percent of the mortgage being taken out. And while the VA prohibits buyers from paying points—a percentage of the sales price paid at the closing—buyers usually do wind up paying. What happens is that the seller pays the points—after raising the sales price to cover them.

The FHA will insure only mortgages of up to $60,000. As with the VA, the interest rate is set at 9½ percent, and there are initial service charges—one-time fees to cover the cost of the appraisal, the recording fee, and so on. In addition, there's a ½ of 1 percent annual charge for the FHA insurance, which brings the effective annual cost up to 20 percent. House buyers who use FHA mortgages will be required to make a down payment equaling 3 percent of the first $25,000 and 5 percent of any thing in excess.

Investigating other mortgage possibilities

Other types of Federally sponsored mortgages shouldn't be overlooked. For example, the Federal Land Bank, which is part of the Farm Credit Administration, will lend you up to 85 percent of the cost of rural property. The Federal Land Bank is an especially useful source of mortgage money for farms, although it can also be tapped for home purchases. There are 12 regional Federal Land Banks, each of which has associations in the local areas they serve. The kicker to a Federal Land Bank mortgage is that the interest rate charged tends to be quite low. At the moment, some associations are offering mortgages at only 8½ percent. Do note, however, that Federal Land Banks charge a variable interest rate. That means the interest rate you are charged will rise and fall with interest rates in general. Even so, there is a time lag and hence interest rates tend to be lower than those charged by other types of mortgages.

Alternative mortgage instruments, new types of mortgages designed for today's needs, are becoming more widely available around the country. Here's a rundown of three of the newest types of mortgages:

Graduated Payment Mortgages (GPMs) are designed for people who are finding it hard to buy a house now,

Continued on page 54



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And you should know that the General Electric self-cleaning system gets your oven much cleaner than any continuous cleaning system. The GE self-cleaning process costs only pennies each time you use it, too.*

A choice of styles to suit your style.

General Electric offers you a complete line of self-cleaning ovens to choose from. So whatever style of oven you want – built-in, slide-in, freestanding, single or double oven – there's a GE self-cleaning oven that's right for you.

The GE self-cleaning ovens. The best way to clean up the worst job in the kitchen.



This is the JB500, our most popular self-cleaning oven. Its modern detailing includes a precision digital clock and timer, attractive wood-grain vinyl trim and a glass control panel, together with three special features to help you save energy.

*Based on a national average cost of 3.8¢/KWH for electricity

YOU CAN COUNT ON GE FOR GREAT IDEAS IN COOKING.

GENERAL ELECTRIC

continued from page 52

because their income is still fairly low. Hence, young people thinking of buying their first home will find GPMs very attractive. While the interest rate is fixed, the mortgage payments start out low and then rise in predetermined steps over the first 5 to 10 years until an agreed-upon level is reached. The idea is that your income will rise to meet the increases in mortgage payments. Over the life of the mortgage, GPMs are a bit more expensive than a conventional mortgage. But at some point, you should be able to trade up to a better house using your equity and the house's appreciation to put a down payment on your next purchase.

Flexible Payment Mortgages (FPMs) and *Flexible Loan Insurance Programs* (FLIPs) are schemes designed to let people get a larger mortgage than they might otherwise be able to afford. With an FPM, for example, you might pay just the interest on the mortgage for, say, the first five years or so. After that, you would pay more to cover interest as well as principal. The disadvantages of an FPM are twofold. First, the interest costs are greater than a conventional mortgage. Second, you don't build up any equity in the house for the first 5 years or so. However, if you can use the interest deductions on your income tax or if you don't plan to live in the house long, the interest costs shouldn't be of great concern. And while you won't build up any equity in the house by amortizing (paying back the principal) the mortgage, the rising value of the house would, in effect, give you some equity to put towards your next home.

FLIPs are more innovative. Part of your down payment is put in a special escrow account. Each month, part of the money deposited in escrow is used to make up the difference between your low monthly payments and what you would ordinarily have had to pay. Since the plan is insured, it costs a little more than conventional mortgages. The insurance costs an amount equal to 1 percent of the mortgage in the first year, and ¼ of 1 percent of the outstanding balance over the next 10 years.

Variable Rate Mortgages (VRMs) tend to be easier to get when mortgage money is tight. VRMs are like conventional mortgages except that the interest rate charged will rise and fall with interest rates in general. When the interest rises, your monthly mortgage payments will rise or the length of your mortgage term will be increased.

Seller-held mortgages

If you have difficulty getting a mortgage from a lending institution, you may fall back on a *purchase money mortgage*. That's where the seller holds the "mortgage contract." You make the payments directly to him or her instead of to a bank. The advantage of this kind of arrangement is that it can be as flexible as you and the seller care to make it. If the seller is in good financial shape, you might even be able to buy the property for as little as 10 percent down, with only interest payable for the first 5 years or so—with the level of monthly payments geared to a 25-year repayment schedule. That means the payments would be geared to those of a 25-year mortgage. At the end of 10 years, or whatever term you have agreed on, the balance will be due. However, at that point, you can either rework the deal or use the equity you have built up to refinance it conventionally. Know however, that private sellers who hold purchase mortgages tend not to be as understanding as lending institutions. Unless you have a purchase money mortgage contract that grants you a grace period, you may lose everything if you miss a payment.

Finally, consider trying to arrange an *installment scale*. It's a bit like a purchase money mortgage. You simply put some money down and pay the rest out

Continued on page 108

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"THE BEST REASON FOR BUYING A NEW GE REFRIGERATOR IS AN OLD GE REFRIGERATOR." —The Steele Family.



Jane Steele
Verona, New Jersey

GE refrigerators are really built to last. And my old "Monitor" is lasting proof!

Talk about a great investment! I got it in 1957, when it was 23 years old. And it still works like a charm.

Of course, it doesn't have all the improvements and innovations General Electric's added over the years. But it shows how dependable GE refrigerators are. As I told my daughter Mary Ellen, they just can't be beat!



Great Aunt Agnes Spina
West Orange, New Jersey

I've spent nearly half a century depending on GE refrigerators.

We bought one of these in the mid-fifties, after giving away the faithful "Monitor" Jane has now.

What a workhorse! Soda was always cold, ice cream was hard, and it never needed any service.

So naturally when we modernized again five years ago, we went right back to GE for a big, beautiful side-by-side.

General Electric refrigerators really hold up. We've had enough of them to know!



Mary Ellen Steele Burns
Totowa, New Jersey

General Electric is a name you grow up with. You know it's dependable.

So we felt confident that our lower-priced GE refrigerator would give us the same quality and reliability as the most expensive model.

My mother told me GE refrigerators were the best kind, and of course we did a lot of shopping around.

No other brand had the features GE did for the same money. Or was as nice-looking, inside and out.



Suzanne Steele Walsh
Morristown, New Jersey

Having had GE refrigerators in the family for so long impressed me more than any brochure or sales talk.

So when we buy our new refrigerator, it won't be a question of "whether GE," but of "which GE."

And I think I know which—this gorgeous dream of a side-by-side!

It has plenty of space, important with our five children. And adjustable glass shelves, great for cleaning up spills.

Separate temperature control for the meat pan. Automatic defrosting. And the GE dispenser that gives you chilled water, ice cubes, even crushed ice. I love the 'New Naturals'™colors, too—so soft!

The reliability General Electric's been building into their refrigerators since Great Aunt Agnes bought hers makes me feel really confident.

Maybe some day *my* GE refrigerator will become a family heirloom too!

IT ALL ADDS UP TO A GOOD INVESTMENT

GENERAL ELECTRIC

Whole-herb cooking

Recipes from Giampaolo Porlezza, whose inventive herb dishes you'll find on page 160

There's a lot more to cooking with herbs than using them for a dash of flavoring. Italian designer, horticulturist, and cook Giampaolo Porlezza (read about him on page 160) likes to let fresh herbs stand on their own: Two of his favorite recipes call for fresh sage and tarragon —batter-dipped, then either deep-fried or baked.

Tarragon bouchées

INGREDIENTS

¼ cup water
¼ cup butter
⅓ cup flour
2 whole eggs
Tarragon cream (recipe below)

METHOD

☐ Put water and butter in an enameled saucepan over moderate heat and bring to a boil. Pour the flour into the liquid all at once—stir constantly with a wooden spoon until the batter pulls away from the sides of the pan, and the flour is cooked. Let cool for a moment, then add the eggs, one at a time, beating well to obtain a smooth, firm batter.

☐ Fill a pastry bag with the still-warm batter and form mounds 1½ inches in diameter on an ungreased baking sheet. Space the mounds about 2 inches apart. Bake in a preheated 425° oven 15-20 minutes, or until the batter has puffed and is golden. Remove from oven, pierce the side of each puff, and let cool on a rack until thoroughly dry. When cool, fill with tarragon cream. Makes 20 puffs.

Tarragon cream

INGREDIENTS

Butter
4 tablespoons flour
1½ cups milk
1 cup fresh tarragon leaves, roughly chopped
¼ cup white wine
Salt

METHOD

☐ Melt 3 tablespoons butter in a heavy saucepan. Stir in the flour and cook, stirring constantly, 3 minutes without letting the flour color. Add the milk to the roux and whisk until smooth.

☐ Place the chopped tarragon leaves with the wine in an enameled saucepan and bring to a boil. Let boil several minutes, long enough for the wine to absorb the tarragon flavor. Strain the liquid through a fine sieve—press down on the leaves to extract all the juice. Stir liquid and 1 teaspoon butter into warm béchamel, season to taste with salt; fill puffs with cream.

Sage beignets

INGREDIENTS

2 tablespoons white flour, sifted
Cold milk
1 egg white, stiffly beaten
3 sage leaves (use very fresh small ones), chopped very fine
Peanut oil
Salt

Continued on page 217



Is the ugliest thing in your garden your hands? Here's help.



While you're creating beauty, your hands are going to pot. Rough, red, chapped hands like these can make you want to give up gardening.

You should know about Neutrogena® Hand Cream. This heavy-duty cream was originally developed in Norway to help the hands of Arctic fishermen. It puts a barrier between damaged hands and the things that have hurt them, gives raw, cracked skin time to heal. Often recommended by doctors, Neutrogena Hand Cream is so concentrated, just a dab is all that hurting hands need.

Keep it handy when you garden, and when you don't. $3, but worth it; satisfaction guaranteed or your money back from Neutrogena.

Available at selected nurseries and all better drugstores.

WITH THE POTSCRUBBER® III DISHWASHER EVERYTHING COMES OUT BEAUTIFULLY: MY CHINA, MY CRYSTAL, EVEN MY SILVERPLATE."



That's because the Potscrubber III dishwasher cleans better than any dishwasher General Electric has ever made.

The exclusive Multi-Orbit™ wash arm directs a constantly changing pattern of water up through the dishes. This arm, combined with the Power Shower on top and the Power Tower in the middle, gives you 3-level washing action to get your dishes and glasses cleaner than ever before.

And the Potscrubber III dishwasher even washes those messy cooking utensils. Its special Power Scrub® cycle, while it may not do everything (such as remove burned-on soils), is designed to remove dried-on and baked-on foods from pots, pans and casseroles.

Emily Wax
Bellmore, New York

I LIKE THE ENERGY SAVER FEATURE."



We made the Potscrubber III dishwasher to be a real energy saver. It's specially designed to use less hot water than our previous models. That means your family could save hundreds of gallons a year. And the Energy Saver button lets the dishes dry naturally. That makes it cost even less to run.

WHAT REALLY CONVINCED US TO BUY WAS THE PERMATUF® TUB. AND IT COMES WITH A FULL 10-YEAR WARRANTY."

The Potscrubber III dishwasher is designed with General Electric's exclusive PermaTuf interior that makes the tub durable. So durable, it has a 10-year warranty.*

That same PermaTuf interior is actually a sound-dampening material which helps your Potscrubber III dishwasher run quietly, too. And we even surround the PermaTuf tub with a blanket of sound insulation.

No wonder women all over America find such nice things to say about their Potscrubber III dishwashers. See the Potscrubber III dishwasher at your local GE dealer.

*GE will repair the tub or door liner if it should fail to contain water due to manufacturing defect such as chipping, cracking, peeling or rusting in normal use. Warranty not available in Virgin Islands, Guam, American Samoa, Canal Zone, Puerto Rico. Limited warranty in Alaska—does not cover cost of service-related transportation. Complete terms and conditions available at your GE dealer.

GENERAL ELECTRIC



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Gail Henkin
Dallas, Texas



20 FILTER CIGARETTES

FILTER 100's: 10 mg. "tar", 0.8 mg. nicotine, FILTER, MENTHOL: 11 mg. "tar", 0.8 mg. nicotine, av. per cigarette, FTC Report MAY '78.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

Vantage 100's

Also available in King-Size: Regular and Menthol.

BY RICHARD AND JEAN TAYLOR

How to tune up for better mileage

Hands-on classes, cooperative garages, and master driving programs to make your car safer and more economical

A car is actually a very logical instrument, and knowing how it works and how to maintain it can help you save money in repair costs and in fuel consumption (since a well-tuned car needs less gas). Whether you're a roll-up-your-sleeves tinkerer or a back-seat driver, there's a wealth of reading matter, frequently free, and schools that will help you learn more about your car and how to fix and drive it better.

Courses in car-care basics

Most high-school adult-education programs, technical and junior colleges offer courses for neophyte mechanics. Usually, the instructors teach you how to talk intelligently to a real mechanic about what's wrong with your car as well as how to tune the engine, check fluids and components, and maintain the interior and exterior of your car. You'll also get a thorough grounding in the parts of your car and what they do. There are eight such college-sponsored courses in the Los Angeles area alone, not to mention high-school adult education. Try calling your local high school or college continuing education office.

Women On Wheels

WOW is a nationwide program sponsored by Chrysler Corporation to teach women drivers basic information about their cars. It's handled through Chrysler dealers. You don't have to own a Chrysler car to attend, though obviously, the cars you'll see during the course will all be Chrysler products. Women On Wheels lasts for four 2-hour classes. To start, you learn about the essential systems of your car—the engine, the transmission, the rear axle—and how your car runs. The second class covers the electrical system and sometimes includes practice in changing sparkplugs, jump-starting the battery, and similar useful things. In the third session, you learn about carburetors and brakes, and you'll get practice checking fluid levels in your car. The last class usually concentrates on regular maintenance procedures and breakdowns. You'll change a tire, learn how to drive on slippery roads. In the course Jean attended, the two instructors were extremely helpful and imaginative. For example, an emergency repair lecture included a demonstration drive in a car whose broken fan belt had been replaced by pantyhose. The looseleaf textbook for the course tells almost everything you need to know about your car and fits in the glove box. Chrysler also publishes a 16-page booklet which summarizes some of the Women On Wheels information and includes an application blank for the course. Available from Chrysler-Plymouth and Dodge dealers or directly from Women On Wheels, Chrysler Corp., Box 1718, Detroit, Mich. 48288.

Do-it-yourself garages

For those who have a basic knowledge of car repair and maintenance, a growing trend is do-it-yourself or cooperative garages. Typically, they'll rent you clean, well-lit indoor space where you can work on your car, along with small hand tools and hydraulic lifts. The average cost is around $4.50 an hour. Some shops offer just the space and tools, others have a mechanic-in-residence to help you over the rough spots or solve major troubles that your minor skills may uncover. In the best shops, the mechanic is ready to take over when things move beyond your technology. Many do-it-your- *Continued on page 64*



Changing a tire is only a start in car maintenance classes



What nature started







Background photo by Naturescapes – Ed Cooper

we finish beautifully.



Burlington Furniture is made slowly and carefully. Out of fine wood and wood veneers.

We take our time finishing our furniture. We hand sand, rub and wax it. We use up to 27 different hand-finishing processes.

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Most importantly, Burlington Furniture is created with you in mind by some of America's leading furniture designers. Be it dining room and bedroom, youth and modular furniture, colonial, traditional and contemporary designs.

Just look for Burlington Furniture wherever fine furniture is sold. Write to Burlington Furniture for further information, P.O. Box 907, Dept. B, Lexington, North Carolina 27292.

Burlington Furniture

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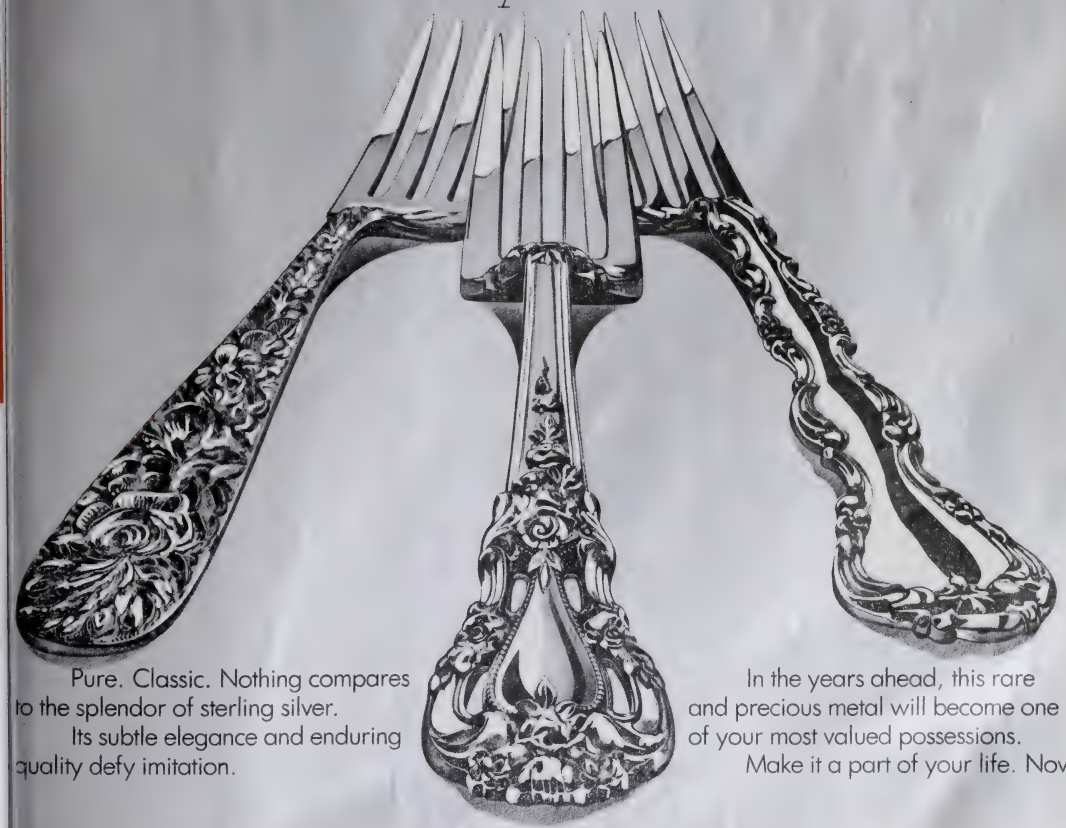


beautify. Going beyond the usual to rejuvenate a fine complexion on wood with each application. The Scott's Liquid Gold look. Seeing it once on your fine wood will make you demand its excellence for years to come.

Scott's Liquid Gold, Inc., Denver, CO

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In the years ahead, this rare and precious metal will become one of your most valued possessions.

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AUTO SUGGESTIONS

continued from page 59

self garages offer classes in tune-ups and regular maintenance in which you actually do the work on your own car. Look in the Yellow Pages or call the Better Business Bureau to find one.

Advanced driving schools

Good driving is a physical skill that can be taught, just like skiing, tennis, or golf, and like anything else, once you know more about driving and your car, you'll enjoy it more and be a safer person behind the wheel. You may think you are already a good driver. One thing is certain: You could be better. If you're serious about learning to drive well, advanced driving schools can teach you to be a master behind the wheel. The best-known of these advanced driving schools is the Bob Bondurant School of High Performance Driving, located about half-an-hour north of San Francisco. Surprising discovery: Over 40 percent of the students who attend Bondurant's advanced driving school are women.

The organization of the Bondurant course is very straightforward. The first morning is spent attending a lecture, punctuated with slides and a movie that outlines superior driving tactics. In the afternoon, you practice proper use of the steering wheel, brakes, and shifter on a closed road course. For most students, the hard part is "unlearning" bad habits. Bondurant uses a large parking lot permanently covered with heavy oil to teach skid control. At 20mph in perfect safety, the skid pad teaches you the skills you need to control a skid at 60mph on the highway. By the end of the afternoon, you are able to spin a car through a full 360 degrees under complete control and drive away as though nothing had happened.

The second morning of the course is spent on the "accident simulator," learning to avoid the car in front during a typical freeway tie-up. The student approaches a set of three traffic lights, all green. At the last moment, two lights go red, simulating stopped traffic, and you have to maneuver safely into the "open" lane. It's exactly the situation you face on a crowded freeway, and it teaches car control and the best place to look down the road for danger signals.

Professional schools all over the country teach similar systems. Here are some recommended from personal experience:
Bob Bondurant School of High Performance Driving, Sears Pont International Raceway, Sonoma, Calif. 95476.
Mosport Racing School, 1905 Avenue Rd., Toronto, Ont., Canada M5M 3Z9.
Skip Barber Racing School, 1000 Massachusetts Ave., Boxboro, Mass. 01719.
Jim Russel International Racing Drivers School, 1065 Lakeshore Dr., Dorval, Que., Canada H9S 3E1.

Car care reading

Oil companies, auto manufacturers, government agencies, and consumer groups are all ready to help you learn about your car. Many now offer booklets covering almost anything to do with your car. Here is a listing:
Shell Answer Books (15 pocket-size booklets) comprise a crash course in taking care of your car from before you buy it until you've sold it. Free from Shell dealers or from Shell Oil Co., Box 61609, Houston, Tex. 77208.
General Motors publishes two helpful books for automotive neophytes. *Car Owners Digest* is a straightforward booklet on understanding your car, with sections on preventive maintenance, cleaning up the interior and exterior, and "how to talk to your serviceman." It even has charts in the back to help you diagnose what's wrong with your car. *The General Motors Diagnostic and Repair Manual* has diagrammatic pictures to help you figure out what's wrong with your car and repair it yourself or properly describe the symptoms to a mechanic. *The Car Owners Digest* is $1.24, *GM Diagnostic and Repair Manual,* $6.45. Both are distributed for General Motors by Creative Universal, Box 1185, Southfield, Mich. 48075.
Car Care and Service, a Federal government-produced booklet, concentrates on carburetors, emission controls, timing, and ignition—things that affect how cleanly your engine runs, and cut down on pollution. It costs 35¢ from the Consumer Information Center, Department 2F, Pueblo, Colo. 81009.
To Keep Your Car Working For You, published by the Fram Corporation which makes various types of filters, is a moderately technical booklet with a working vocabulary with which to impress your mechanic. Free from Fram Corp., Providence, R.I. 02916.
Car Buying Made Easier. The first section of this hefty book—a free publication by Ford Motor Company—discusses every aspect of buying a new car in detail—the sizes of cars available, the advantages and disadvantages of each size, the types of body styles, even a table for calculating the best size and type of car for you. Every option—engine, transmission, rear axle ratios, power accessories, fabric choices, instruments, and tires—is covered in detail. *Car Buying Made Easier* is one of the few publications that helps you honestly evaluate just what you need on your new car. Other sections include advice on picking a dealer, test driving, financing and leasing, how to interpret EPA mileage figures, even how to dispose of your old car. The second section is a run-down in minute detail of every Ford, Mercury, and Lincoln model, complete with prices and options. If you're undecided about a new car, *Car Buying Made Easier* is a useful tool. Available from Ford dealers, or from Ford Motor Co., The American Road, Dearborn, Mich. 48121. ■



For the name of the store nearest you write Woodard, 317 Elm Street, Owosso, Michigan 48867



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–more menthol refreshment than any other low 'tar' cigarette.

Full menthol refreshment. That's what ARCTIC LIGHTS delivers.

A very special kind of menthol refreshment you just won't find in any other low 'tar' menthol cigarette.

You see, while the filter holds back 'tar,' the unique new ARCTIC LIGHTS menthol blend comes right through. Result? You get the iciest, brightest taste in menthol smoking—puff after puff. Light up your first ARCTIC LIGHTS. **You just won't believe it's a low 'tar' menthol.**

Arctic Lights: Kings & 100's

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Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

9 mg. "tar", 0 .8 mg. nicotine av. per cigarette by FTC method.

BY JANE WHOLEY

Photovoltaics: The new sun power that may run your house in the 80s

Picture about half a rooftop covered with what look like glistening Salton heating trays. When the sunlight hits them, it turns immediately into electricity that flows into the house and powers all the lights and appliances—for free. Sound like the wistful fantasy of a consumer opening the monthly utility bill? It isn't; you could purchase the equipment today. The government hopes that by 1986 a system for an average-sized house will cost $3,400 and last 20 years.

Photovoltaics is the name of this marvel in modern technology. It's the direct creation of electricity (volts) from light (photons) and a major step forward from the solar collectors widely used now that produce heat to warm air or water. The state of the art has come a long way since the 30s when the better camera companies began using photovoltaics to power camera light meters.

Already a remote village in Arizona is geared up with photovoltaic energy, a technology that could affect your electric bills sooner than you think

That success inspired NASA to outfit all its spacecraft with photovoltaics during the 50s, and today, photovoltaics are working their magic all over the world.

Take for example, Schuchuli, Arizona, the U.S.A.'s first solar electric village. Before last December, the 62 Papago Indians living there had no electricity. The town is remote, and the costs of building power lines to the nearest utility grid were prohibitive. Understanding this, the Department of Energy invested $333,400 in a photovoltaic system. Now, Schuchuli residents have 40 electric lights distributed among their homes and community buildings, one large water pump that brings up to 5,000 gallons of water a day; 15 refrigerators (one for each family), a sewing machine, and a brand-new washing machine.

The electricity is generated from the edge of the village where a chain-link fence encircles an area about the size of a small suburban backyard. Inside the fence, mounted on the ground, are three rows of long and narrow shiny panels tilted toward the sun. To the side of the fence is a small building that houses bat-

Continued on page 70

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It takes a puppy a full year to outgrow Purina® Puppy Chow® puppy food.

That little one-month-old puppy will do a lot of growing before he becomes a full-grown Sheepdog.

And he'll need a lot of nutrition to do it. Twice as much—pound for pound—as when he's full grown.

That's why a growing puppy needs the kind of extra nutrition he gets in Purina® Puppy Chow® puppy food.



So make your puppy's first year one to grow on, with regular trips to the vet, and Purina Puppy Chow every day.

For a full year till he's full grown.

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Greatest jazz collection ever issued!

GIANTS OF JAZZ

Louis & Bessie, Benny & Bix, the Hawk, the Duke... flawlessly reproduced in original recordings on your choice of 12" LPs, 8-track cartridges or cassettes.

Begin by hearing the immortal Louis Armstrong in 40 of his greatest original recordings. A sampling: *Dipper Mouth Blues* (1923), *Gut Bucket Blues* (1925), *Willie the Weeper* (1927), *Ain't Misbehavin', That Rhythm Man* (1929), *Star Dust, Blue Again* (1931), *Some Sweet Day* (1933), *On the Sunny Side of the Street* (1934), *When the Saints Go Marching In* (1938), *Marie* (1940).



Now, TIME-LIFE RECORDS introduces a spectacular recording project: GIANTS OF JAZZ—featuring such legendary artists as Louis Armstrong, Billie Holiday, Coleman Hawkins, Duke Ellington, Bix Beiderbecke, Benny Goodman, Bessie Smith, plus the great instrumentalists and singers in a collection that virtually nobody could duplicate.

Vintage recordings from many labels

Drawing on vintage material from such labels as Vocalion, Blue Bird, OKeh, Brunswick, Gennett, Victor and Columbia, these albums present the greatest *original* recordings of those legendary performers—including many that are virtually unobtainable, and some that were never issued.

In brilliantly restored monaural sound

Each of these recordings has been reproduced in the original monaural sound...no electronic gimmickry, no rechanneling. Columbia Records engineers have developed an unparalleled system to restore *each* of the classic tracks you'll enjoy in GIANTS OF JAZZ.

America's most original music

You'll hear the sweetest, saddest, happiest, most original and important music America ever created. And from Duke Ellington's evocative *Caravan* to Coleman Hawkins' matchless *Body and Soul*, Bix Beiderbecke's brilliant *Riverboat Shuffle* to Billie Holiday's sassy *Miss Brown to You*, you'll hear jazz the way it really sounded during the Golden Age. Your 10-day free audition will prove it. Mail the attached card—no postage necessary. If card is missing, mail the coupon today.

You've got to hear it to believe it!

AUDITION LOUIS ARMSTRONG for 10 days FREE!

BONUS GIFT: WHO'S WHO OF JAZZ, John Chilton's definitive book, a $10.95 comparable value revised especially for TIME-LIFE RECORDS. With 370 pages and 35 new entries. Plus extra bonus with every album: a frameable, full-color portrait of the artist.



RPAE23

TIME-LIFE RECORDS
Time and Life Building, Chicago, IL 60611

YES! I would like to audition *Louis Armstrong*, my introduction to GIANTS OF JAZZ. Please send this three-record album to me along with John Chilton's *Who's Who of Jazz*, and enter my subscription to GIANTS OF JAZZ. If I decide to keep *Louis Armstrong*, I will pay $19.95 plus shipping and handling, and the book will be mine to keep at no additional cost. I will then receive future albums (each one containing three 12-inch records) from GIANTS OF JAZZ, shipped one album at a time approximately every other month. Each album will cost $19.95 plus shipping and handling and will come on the same 10-day free-audition basis. There is no minimum number of albums that I must buy and I may cancel my subscription at any time simply by notifying you. If I do not choose to keep *Louis Armstrong* and the accompanying book, I will return the complete package within 10 days, my subscription for future albums will be canceled and I will be under no further obligation.

☐ **Check here if you want two tape cassettes and book instead of records. ($2 extra.)** RVAFH1

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continued from page 66

teries. They store the sun's electricity for nights and cloudy days. Federal officials have hailed the project as a breakthrough for solar energy, and a sign of hope for other Americans living in remote locations. Robert D. Thorne, Assistant Secretary of Energy, commented on the day of the photovoltaic system's dedication that there are 400 more villages in the United States that have no electricity.

Photovoltaics are being used—or proposed—in other parts of the country for equally interesting purposes. For instance, a Department of Energy-sponsored project is driving the irrigation system for an 80-acre farm in Mead, Nebraska, and by 1981, a General Electric system will supply half of Florida Sea World's electricity. The photovoltaics will also heat water for the aquatic exhibits.

Meanwhile, in West African villages, photovoltaics make electricity for pumping systems and educational television; in the Gulf of Mexico, they power navigational lights and foghorns; and in the Mojave Desert, high patrol repeater stations. Radio and TV repeater stations are the largest photovoltaic customers the world over, and requests for the products are increasing. About 3 U.S. companies are filling most of the orders —Solar Power Corp. of Woburn, Mass., ARCO Solar of Chatsworth, Calif., and SOLAREX Corp. of Rockville, Md., but altogether about 10 firms are selling photovoltaic products.

Looking closely at a photovoltaic system, you'd see that the flat surface that collects sunlight consists of separate panels. Each panel looks like a shiny piece of metal enclosed in a picture frame. (It can vary in size from a full-length mirror to a king-size bed.) Actually, the surface inside the frame is many paper-thin, usually circular disks about the size of tea saucers, placed side by side on an aluminum mounting. The disks are called photovoltaic cells, and they are the basic building blocks of any photovoltaic system. On top of the cells are wires that will carry off the electricity each cell generates when placed in the sun.

Unfortunately, making a photovoltaic cell is an intricate affair that demands personal attention at each step. They can be made from a number of materials, but usually the choice is silicon. There are several ways to produce the cells; the traditional approach involves melting high-quality (therefore expensive) silicon in a laboratory furnace under sterile conditions. After this, a crystal is grown from the liquid. (When complete, the crystal, called an ingot, looks like a large, arm-length sausage.) This ingot must be cut into thin disks with a diamond saw, a delicate process that turns more than 60 percent of the crystal into sawdust.

The successful cells are then polished, further processed, and hermetically sealed into panels. The total process takes about 15 steps. In an effort to cut costs, scientists are trying to eliminate steps, automate the total production process, find different ways of growing crystals, and even make cells without crystals at all—but these advances are in the experimental stage. The process of fabricating photovoltaic cells remains a handcraft—and a costly job. Should you buy equipment to power an average-sized house's lights and appliances today it would cost you about $60,000.

But don't be discouraged. The Department of Energy, an enthusiastic photovoltaic fan, has invested more than $210 million so far to help the scientists develop low-cost production methods. A number of the oil companies—Exxon, Atlantic Richfield, Shell, and Mobil among them—are also heavily investing in photovoltaic research. In fact, these companies already own at least two-thirds of the photovoltaic firms currently selling equipment.

There is little argument that photovoltaics should be used, but there is a controversy about *how* they should be used. Some technologists believe that miles of photovoltaic panels should be centrally located to create electricity for entire communities. Some advocate a project the government will pay NASA more than $15 million dollars to research over the next 3 years. It involves launching enormous satellites into outer space to convert sunlight into electricity, then beam it to earth in the form of microwave radiation. The photovoltaic panels and receiving stations might be large enough to bring power to areas the size of the entire East Coast. Most alternative technologists and environmentalists prefer to put our rooftops to work. They believe this will help each household become more self-reliant, stop the proliferation of bureaucratic middlemen necessary to distribute power, and halt the inevitable losses of electricity as it travels the long distance from station to home.

Whichever way the controversy is resolved, you are sure to see photovoltaic systems around you soon. Photovoltaic experts believe that in 3 or 4 years, when prices will have dropped a great deal, photovoltaic panels will begin appearing on shopping centers, highways, and large-scale commercial farms. During that period, the government will be helping the photovoltaic industry build a bigger market, produce more equipment, and distribute it better. This will be in preparation for what the Department of Energy hopes will be a large demand in the late 80s, when photovoltaics will almost certainly be inexpensive enough for home use. ■

You can almost hear their wings flutter...



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BY DAVID LACHENBRUCH

Movies on record

The amazing videodisc can project pictures as well as sound—and play them on your TV

The videodisc is big news in electronics today. In its simplest terms, a videodisc is a record that reproduces color moving pictures, as well as sound, through a television set by means of a special player attachment. Several manufacturers have been developing home videodisc systems since the 1960s and the first one now on the market (developed by Magnavox) is generally known as the "optical" system or VLP (for video long play). It consists of two parts. One is the Magnavision videodisc player, a sleek, space-age-looking unit of brushed aluminum somewhat larger than a conventional audio turntable. Installation is simple—it's merely connected to the antenna terminals of any TV set and the leads from the antenna are connected to the player, so that the television can be used in the conventional way when the disc player is switched off.

The player is used with DiscoVision records that look like standard 12-inch LPs except that they're shimmering silver. When the record is placed on the turntable, the lid closed, the "start" button pressed, a picture of exceptional quality appears on the TV screen. The optical videodisc player is a landmark in more ways than one: It's the first consumer product to contain a laser. There are no grooves in the shiny disc and no stylus in the pickup. A low-powered beam of laser light is aimed at the disc and its reflections are reconstructed into TV pictures. Because there's no contact between pickup and record, theoretically the disc should never wear out.



BETTMANN ARCHIVE

A laser beam reads the silver DiscoVision record on the Magnavision player, which can be attached to any TV set through the antenna system.

The player sells at a suggested list price of $695. See-and-hear DiscoVision albums by MCA retail for $5.95, $9.95, and $15.95, with a few special opera and ballet selections going for $20. The first DiscoVision catalogue lists 202 titles, and an additional 100 or so are scheduled to be introduced during 1979. More than half of the selections are movies, including such recent Universal titles as *Animal House, Jaws, Jaws 2, Sgt. Pepper's Lonely Hearts Club Band, House Calls,* some made-for-TV films including the pilots of *Battlestar Galactica, The Six-Million-Dollar Man,* and *Kojak.* There also are recent films by Warner Brothers, Paramount, Walt Disney, and the American Film Theatre, such all-time classics as *Destry Rides Again,* The Marx Brothers' *Animal Crackers,* and the original versions of *Dracula* and *Frankenstein.* Recent movies sell for $15.95, older ones, $9.95.

In addition to movies, there are educational and how-to programs, including cooking with Julia Child, Jacques Cousteau's underwater adventures, Britain's *World at War* series, golf lessons with Gene Littler, other sports and physical fitness instructions, even religious programs. These shows generally sell for $5.95 for a half-hour and $9.95 for an hour program.

The VLP system can do more than just play a picture from a record. It can store two sound tracks, and the player can be connected to a stereo hi-fi system for dual-channel sound along with the picture—a must for operas, symphonies, or rock concerts. Or the tracks can be in two different languages; for educational programs, there can be explantations at two different levels of learning.

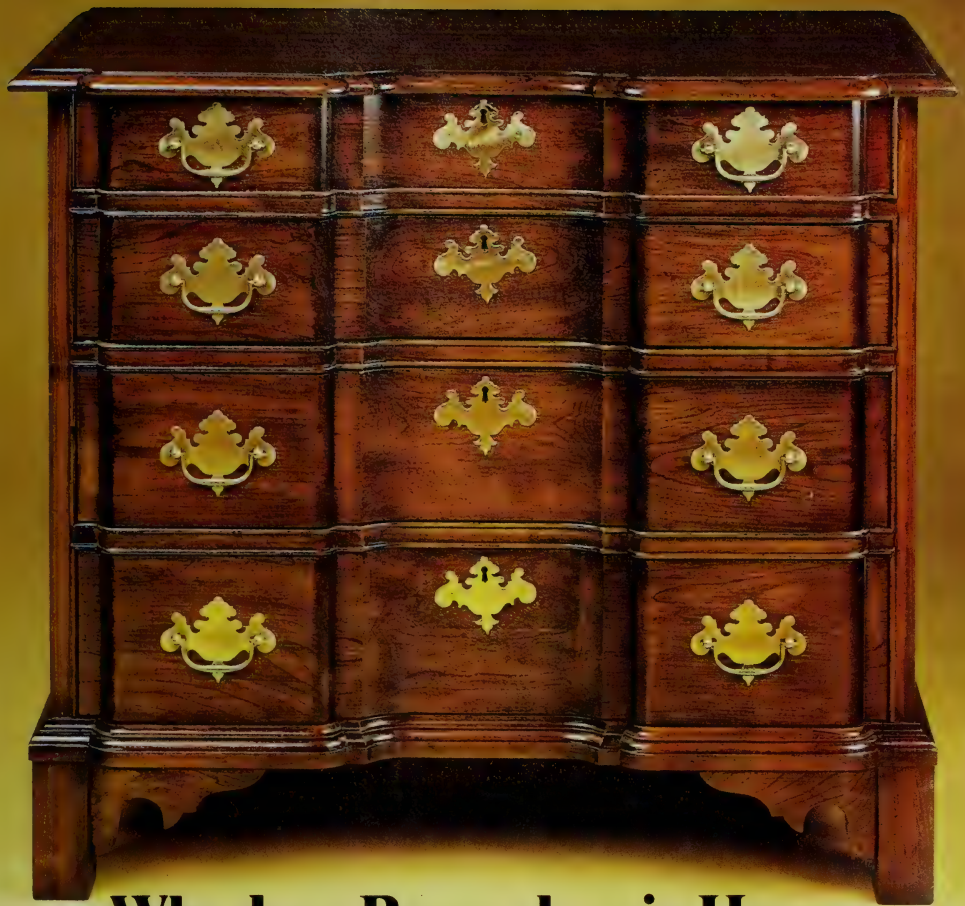
Magnavision turntables can operate at two different speeds. One is extended play—"EP"—and is designed for movie discs which play up to 1 hour per side, a full 2-hour movie on one 12-inch record. The other is normal speed—for records with up to 30 minutes of programming per side operating at 1,800 revolutions per minute or 54,000 per half hour. That's synchronous with American television's frame rate. Because of this synchronism, the system is capable of producing all kinds of special effects you can't achieve on your TV. It can hold any given picture (or "frame") stock-still on the screen as long as you wish, just by tracing the same track on the disc over and over again. Discs programmed with 54,000 individual frames on one side (all of the world's great art masterpieces for example) are being planned. The player has a button for frame-by-frame advance for viewing still pictures. Other controls permit you to speed up or slow down the action, or run the program backwards at any speed. Another button superimposes numbers on the screen—1 to 54,000 for each frame so that any individual frame may be precisely located. An "index" control automatically locates the start of individual programs on discs which have more than one program or "chapter."

New videodisc systems

Early next year, the Magnavision VLP system is scheduled to be joined on the American marketplace by others. One of them, the Japanese-made Pioneer unit, will be compatible with Magnavision—that is, it will play the same MCA optical discs. And some time late next year, RCA is expected to introduce to the market a different system which it calls "SelectaVision VideoDisc." Unlike the optical VLP system, the RCA disc has grooves and a stylus which fits in them, similar to audio records. It can play up to one hour per side. RCA says its player will sell for less than $400 and its discs can be manufactured on slightly modified audio record-pressing equipment and therefore will be easier to make than the optical kind.

While the RCA system won't have the stop and slow-motion features of the

Continued on page 220



Why does Pennsylvania House put so much work into a part of this chest you won't even see?

Because we're old-fashioned enough to be shocked by today's expensive automobiles with cardboard glove compartments. New houses with no wood flooring. Christmas toys that have stopped working by Christmas afternoon. At Pennsylvania House, we just don't think that's what craftsmanship is about. We hand fit each chest drawer so carefully that it has to be numbered. It will only fit one opening perfectly. We hand-tie springs in our upholstered pieces eight ways for more support. For longer life. We join the back and side rail of each chair to the frame with double or even triple dowels. For strength and durability. Now, you won't see these—or a dozen other—fine details. But you'll know the difference years from now. And that's important to us. Because at Pennsylvania House we've got old-fashioned ideas about quality and value. And in a world of cardboard glove compartments, we prefer it that way.

PENNSYLVANIA HOUSE

AMERICAN TRADITIONAL FURNITURE FROM AMERICA'S FINEST CRAFTSMEN.



Remove any drawer from a Pennsylvania House piece. Turn it over. That "channel" down the middle is a center guide. It keeps the drawer from wobbling or sticking. There's another guide at the end of the "channel" that keeps the drawer level even when it's fully extended.

It's free.

The all new Pennsylvania House Collectors Book. Free at participating retailers or send $7.50 to Pennsylvania House, Dept. HG 59 Lewisburg, Pa. 17837.

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Vintage Crystal. From Kosta Boda.

Perfection. The tall, slender grace of Louise...the unique, faceted elegance of Oktav. Handblown in flawless crystal by the master craftsmen of Kosta Boda. For your pleasure. Louise wine, center...$16.50. Oktav wine, left and right...$14.00. Other sizes...$9.75 to $18.50 each. Louise and Oktav. Just two of the many beautifully designed patterns of crystal stemware you'll find at fine stores everywhere. Uniquely Kosta Boda. Since 1742, creating some of the world's loveliest, most imaginative crystal...from $7.50 to $2900.00. For brochures, send 25¢ to Kosta Boda, Dept.V, 225 Fifth Avenue, New York, N.Y. 10010. In Canada: 68 Carnforth Road, Toronto M4A2K7.

Kosta Boda

Where there's Kosta Boda, there's a new idea in crystal.

Swedish Crystal
Clearly, the best.



Space 2600
From two points of view.

Space. When it's an important one that must be considered carefully, let our Space 2600 series serve as your inspiration. Designer Cleo Baldon crafted these magnificent pieces as a fitting answer to an extravagantly proportioned environment. The deep seating, the thick cushions and the oversized pillows all provide exceptional comfort. The shoulder shaped corner rounds and softens the square form. And, because it's available in a wide variety of sofa, sectional and modular forms, it can resolve a number of design situations easily and beautifully. Space 2600. There's no question that it's simply out of this world.

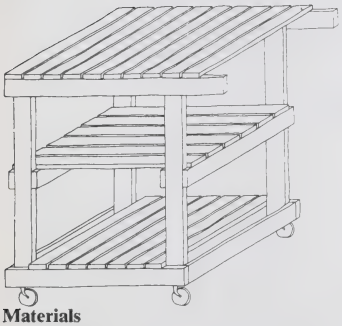
pacific furniture
our furniture has a future

Space 2600 is available at these stores:
DC · Theodore's; **FL** · Ft. Lauderdale, Ventura Inc.; Miami, Richard Plumer Interiors; North Palm Beach, Warner's Interiors; **IL** · Northbrook, Colbys Home Furniture; **KS** · Topeka, Interiors International; **LA** · Baton Rouge, Kornmeyer's; **MO** · Southfield, Gorman's Gallery of Fine Furniture; **OK** · Oklahoma City, Cunningham Interiors Inc.; **PA** · Bala Cynwyd, David J. Landau, ASID & Assoc.; Pittsburgh, The Habitat Shop Ltd.; **TX** · Dallas, Brookes-Reynolds Furniture Galleries; Contemporary House; **UT** · Salt Lake City, Lofgren's Scandinavian; Factory · Pacific Furniture Mfg. Co. · P.O. Dwr. 12 · Compton · Calif.

BY PETER STAMBERG

How to make the cart-on-the-go

(as seen on page 186)



Materials

15 6-foot lengths of 1-by-3 #2 pine	$25.20
4 3-inch casters	5.89
4-ounce 1½-inch finishing nails	.18
1-ounce 1¼-inch 16-gauge wire brads	.11
Wood glue	.30
Sandpaper (2 sheets medium, 2 fine)	.60
	$32.28

Tools	
Hand saw	Tape measure
Hand drill	Sanding block
Hammer	Pencil
	Carpenter's square

Step 1 Cut wood to size as follows:

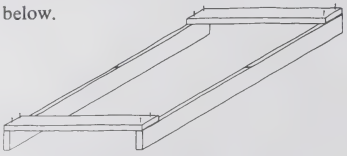
- 2 pieces 31½ inches long for top shelf supports
- 4 pieces 30 inches long for verticals
- 8 pieces 25½ inches long for 6 middle shelf slats and 2 bottom shelf supports
- 17 pieces 19¼ inches long for 10 top shelf slats and 7 bottom shelf slats
- 12 pieces 17¾ inches long for side braces for all three shelves

Step 2 Sand wood

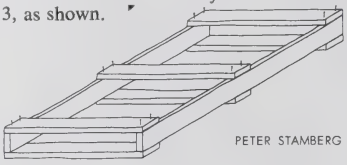
Wrap paper around wood block or use power sander. Start with medium grain paper to remove splinters and ridges. Then use fine grain paper until wood is smooth. Run block over edges 3 or 4 times to smooth.

Step 3 Attach shelf braces to verticals

- Start 2 1½-inch nails into each end of all 12 17¾-inch shelf braces, ½ inch in from the ends.
- Take the 4 30-inch-long verticals and mark a line across the narrow edge of each, 16¼ inches from one end. (The 1-inch edge of the 1-by-3 will be about ¾ inches. Turn pieces over and mark the other narrow edge, 16¼ inches from the same end.
- Stand 2 of the 30-inch-long verticals on the ¾-inch edge parallel on the work surface, 17¾ inches apart.
- Spread glue on the ends of each vertical and nail the 2 shelf braces as shown below.



- Glue and nail one more shelf brace at the 16¼-inch mark on the verticals. Make sure the top edge of the brace is even with the mark.
- Turn the unit over and nail 3 more side shelf braces directly over the first 3, as shown.

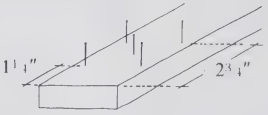


PETER STAMBERG

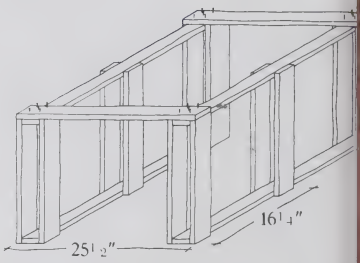
- Repeat the above procedures to make a second identical vertical ladder unit.

Step 4 Attaching shelf supports to vertical ladder units.

- Start 5 1¼-inch nails into each end of 2 25½-inch-long pieces for the 2 bottom shelf supports. Two of the nails should be 1¼ inches in from the end, 2 nails should be 2¾ inches from the end, and one more should be centered between these 4, as shown.



- Start 5 nails into one end of each of the 2 31½-inch-long top shelf supports as above. On the other end, start 5 nails, 2 that are 7¼ inches from the end, 2 that are 8¾ inches from the end, and a 5th that is centered between the other 4.
- Place the 2 vertical ladder units on edge, so that the outer edges are 25½ inches apart, and they are parallel on the work surface.
- Glue and nail the 25½-inch bottom shelf support at the lower end of the verticals as shown. Then glue and nail the top shelf support into place.



- Turn the unit over and glue and nail the corresponding bottom and top shelf supports on the other side. Make sure the handle ends of the top shelf support protrude on the same side.

Step 5 Attaching the shelf slats

- Start 2 1½-inch nails into each end of the remaining 23 pieces (6 25½-inch pieces for middle shelf slats, 17 19¼-inch pieces for 10 top and 7 bottom shelf slats). The nails should be ½ inch in from the ends.
- To make sure the bottom shelf slats are evenly spaced, first glue and nail the 2 end slats next to each vertical ladder unit. Then space the other 5 slats between them and mark their positions with a pencil. One by one, glue and nail the slats into place.
- Use the same procedure—nailing the end slats and spacing the other slats in between—to glue and nail the 6 middle shelf slats. (Note: these slats run perpendicular to those on the bottom shelf.)
- Glue and nail the 10 top shelf slats (which run in the same direction as the bottom slats), starting at the opposite end from the protruding handles and leaving a ¼-inch space between each.

Step 6 Attaching the casters

- Drill 4 ⅜-inch holes at least 1⅝-inch deep into the center of each corner vertical on the bottom of the cart.



- Insert casters and turn upright. Allow 24 hours for glue to dry.

5 mg. "tar", 0.5 mg. nicotine av. per cigarette by FTC method.

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NEW DORAL II

Now only 5 mg tar. No other cigarette with this little tar...



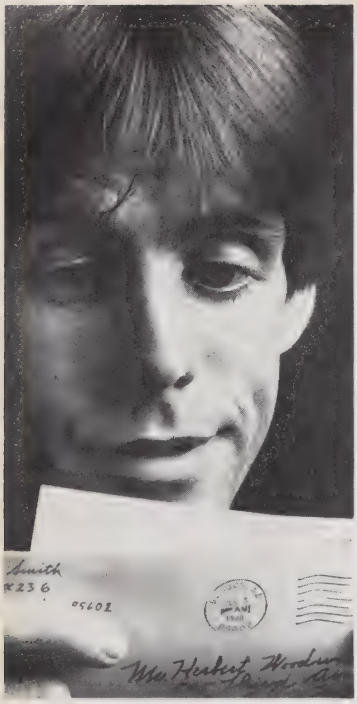
..has this much taste.



ONLY 5 MG TAR

Get what you never had before: Satisfaction with ultra-low tar.

$1 ning: The Surgeon General Has Determined igarette Smoking Is Dangerous to Your Health.



Zip Code and the forgetful son.

"Now that you've turned eighteen, happy birthday and love. But if you're old enough to vote, aren't you old enough to write? Sally says she hears from you, but how about your mom? It seems..."

Make sure your reminders carry the right Zip Code. It speeds things up for everybody and makes your letter travel better.

U.S. MAIL

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Decorator showhouses across the country

One of the many delights of spring is touring Decorator Showhouses. All across the country, historic houses and mansions are polished, painted, and decorated by different designers to help benefit a local charity or organization that needs funding. They are fun to see and they reflect the latest trends in decorating, with ideas you can adapt for your own house. Here is a list of some of these houses that you can visit:

ALABAMA
Birmingham
Junior Women's & Women's Committee of the Birmingham Symphony Association.
The Caraway Methodist Medical Center—Davie House
Rivermont Overton Road
Birmingham, Ala. 35243
April 20-May 20

ARKANSAS
Little Rock
The Guild of the Arkansas Orchestra Society
The Symphony Designer House
5418 Sherwood Avenue
Little Rock, Ark. 72205
April 22-May 20

CALIFORNIA
San Diego
San Diego Historical Society; American Society of Interior Designers
The Richards-Dupee/Burnham-Van Ness House
1015 Ocean Blvd.
Coronado, Calif. 92118
(suburb of S.D.)
April 28-May 20

COLORADO
Denver
The Denver Symphony Guild
Designer's Showhouse 1979
2325 East 7th Avenue
Denver, Colo. 80206
April 21-May 13

CONNECTICUT
Hartford
The Junior League of Hartford
Show House
222 Girard Avenue
Hartford, Conn. 06105
April 23-May 13

DELAWARE
Wilmington
The Wilmington Opera Society Guild
P.O. Box 7071
Wilmington, Del. 19803
September 15-October 14

ILLINOIS
Chicago Suburbs
Women's American ORT
A.S.I.D. Passport to Design
970 Sheridan Road
Highland Park, Ill. 60035
April 29-May 20

Geneva Community Hospital
125 Year Retrospective
416 South First Street
Geneva, Ill. 60134
October 14-November 4

INDIANA
Indianapolis
St. Margaret's Hospital Guild
Decorators' Showhouse
4122 North Meridian
Indianapolis, Ind. 46202
April 29-May 13

LOUISIANA
New Orleans
The Junior League of New Orleans, Inc.
Decorators' Show House III
1015 South Carrollton Avenue
New Orleans, La. 70115
April 21-May 13

MAINE
Portland
Portland Symphony Orchestra Women's Committee
90 Capisic Street
Portland, Maine 04103
June 15-June 29

MARYLAND
Baltimore
The Women's Association of the Baltimor... Symphony Orchestra
The Symphony Decorator's Showhouse
8530 Park Drive
Green Spring Valley, Md. 21208
April 22-May 13

MASSACHUSETTS
Boston
The Junior League of Boston, Inc.
The Ralph Emerson Forbes Estate
Adams Street
Milton, Mass. 02186
April 29-May 20

MISSOURI
Kansas City
Junior Women's Philharmonic Association
Designers' Showhouse
1022 West 64th Terrace
Kansas City, Mo. 64113
April 22-May 13

Continued on page 22

It tastes like real blackberry. Naturally. Because it's Leroux.

Experience the Leroux Blackberry. It's the one with flavor so natural you'll think it's right off the bush. That's because Leroux International Liqueurs use only true fruit flavors and the finest of natural ingredients. Once you've tasted Leroux, no other liqueurs will do.

Leroux Blackberry Sour.
Mix ¾ oz. lemon or lime juice, 1½ oz. Leroux Blackberry Flavored Brandy, 1 tsp. sugar. Shake, strain, garnish with orange slice, cherry.



Leroux International Liqueurs

From France, Italy, U.S., Austria, and Denmark.

70 proof. For free recipes, write General Wine & Spirits, Box 1645 FDR Station, N.Y., N.Y. 10022

Colorado in summer, house-renting in Bermuda, and special interest trips

In Colorado: Summertime in winter places

BY CLAIRE SCHOEN

It's summertime, once known as the off season at Colorado ski resorts. But today many of these resorts are in full swing in the summer, providing an ideal base for a family vacation. A plus—the rates are generally low. For reservations, brochures on activities, or simply to ask a vacation question like "How can I organize a fishing trip in the mountains?" write the resort association listed with each section.

Vail

A large resort developed in 1962 to look like a Swiss village. Vail is located about 100 miles west of Denver and can be reached by air. No cars are allowed in the village, but buses will take you where you want to go.



Dancers from the Ballet West perform and teach at Aspen during the summer

Special Events: 3rd annual Jerry Ford Invitational Golf Tournament, July 9-10. 9-Day International Red Zinger Tea Bicycle Classic, July 23. Racers ride 103 miles from Colorado Springs to Vail. "Miss and Out" bike race in Vail, July 24. Vail Symposium, 3-4 days of seminars and lectures on issues involving the American West, late August.

Sports:

Golf and tennis: Play on one of 50 tennis courts or take lessons at the Vail Tennis Center or Eagle-Vail Tennis Club. For golfers, two 18-hole courses.

Skating: Try out Vail's brand new rink.

Water sports: Swim in 2 public pools or one of the 25 other pools at various hotels. Raft down the Colorado or Arkansas Rivers, or go trout fishing in streams nearby. Also, kayaking, canoeing.

Outings: Go for a hike or backpacking trip on 7 trails on Vail Mountain. (The Forest Service can provide guides, as can four local organizations.) Ride the gondola to Eagle's Nest Restaurant and have a barbecue lunch. Spend an afternoon horseback riding through the mountains or hire a 4-wheel-drive jeep. Or, tour the town on a rented bike.

Art, music, theatre: Saturday performances are given at the Vail Institute by groups like the Preservation Hall Jazz Band, Utah Repertory Dance Theater, Up With People. In town, there are 11 art galleries.

For children: Four day-camps will take care of children from ages 1 to 12 years. For children 7-12, there is also a Summer Mountain Program that takes daily hikes Monday-Friday, and several overnight trips. The program also includes classes in primitive crafts, Indian lore, camping, and more.

Where to Stay: There are condominiums (some with time sharing available), and over 50 hotels and lodges.

Write: The Vail Resort Association, Box 1368, Vail, Colo. 81657; town of Vail Recreation Dept., P.O. Box 100, Vail, Colo. 81657.

Copper Mountain, Keystone, Breckenridge (Summit County)

These resorts are located within minutes of each other, about 70 miles west of Denver, in Summit County. Though they're separate, you can stay at one and, for example, play golf at the other.

Special Events: "Navy Days," Breckenridge, June 23-24. Antique car show, jazz concerts, barbecues commemorate the founding of a navy here in the 1800s. "No Man's Land Day" celebrations—Breckenridge, Aug. 11-12. Barbecues, parade, dance. "Ghost Town" weekend seminar, Copper Mountain, Aug. 11-12. Red Zinger International Bicycle Classic: public road rally as race passes through Copper Mountain to Vail, July 23. Western barbecues every Wednesday

Continued on page 84

NEWS

BIG IDEAS FOR TRIPS THIS SUMMER

Rent-a-house in Europe



TIM LEWIS

Inquiline, the international house-swapping service (House & Garden, May, '78), has a new idea. Its vacation house rental service provides an American liaison with house owners in 9 European countries who wish to rent. A 72-page free catalogue gives you house descriptions, pictures, price per week ($150-$5,000) plus the best fun to be had nearby. Write Inquiline, 35 Adams St., Bedford Hills, N.Y. 10507; or call 914-241-0102.

Airline trips

Starting the end of May, Air France is offering one-class, budget-fare flights between New York and Paris. Air France is the first scheduled airline to offer this sort of service to Europe. From New York: a 500-seat, one-class 747 leaves for Paris on Monday, Friday, and Saturday. Requirements: Stay 14-60 days. Buy your ticket at the same time you reserve. (You can either buy a ticket months ahead or on the day you want to leave, if there's still a seat available.) No return-reservation changes can be made once you start your trip. Cancellations cost $50. The "Vacances" program is available through travel agents everywhere, but in New York you can go to the Air France office, 888 Seventh Avenue, 9th floor, to buy tickets, or call 212-489-7373.

The nearness of Canada is appealing to Americans who would like a real vacation without going too far. Air Canada flies from ten American cities—nonstop—to Toronto, also from our Midwest cities to the Canadian West. For tours

Continued on page 88

THIS FAMILY OF VOLVO OWNERS HAS ONE MILLION MILES ON IT.



Some years ago, Barry Vandenberg, an insurance agent from Oxnard, California, decided on some life insurance for his family.

He wanted his whole family to drive Volvos, because he felt Volvos were the safest cars on the road.



Sure enough, as the Vandenberg children reached driving age, the Volvo population exploded. Today the Vandenbergs own seven Volvos, with a total of one million miles on them.

"These Volvos are still running beautifully, even after all those hard miles," says Mr. Vandenberg. "More importantly, Volvo's safety features help me sleep better at night. My kids are too old to coddle. But they'll never be too old to protect."

Statistics show that 9 out of 10 people who have bought new Volvos are happy, especially with Volvo's safety features.

Building roomy, dependable, safer family cars has always been a Volvo tradition.

It's nice to see that for some families, buying them is a tradition, too.

VOLVO

A car you can believe in.

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DIAL DIRECT—Dial 011 + Country Code + City Code + Local Number
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Ribeirao Preto 166
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Santos 132
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Sao Paulo 11

CHILE 56
Chiquayante 42
Concepcion 42
Penco 42
Recreo 31
San Bernardo 2
Santiago 2
Talcahuano 42
Valparaiso 31
Vina del Mar 31

CHINA, REP. OF 86
Changhua 47
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Lotung 39
Pingtung 87
Taichung 42
Tainan 62
Taipei 2
Taitung 89
Taoyuan 33

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Haderslev 4
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Nykobing 3
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Cuenca 4
Esmeraldas 2
Guayaquil 4
Ibarra 2
Loja 4
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Quito 2

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Aachen 241
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Kiel 431
Mannheim 621
Munich 89
Nurnberg 911
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All points *

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Villa Nueva 31

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Mashad 51
Rasht 231
Shiraz 331
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Wexford 53

ISRAEL 972
Afula 65
Bat Iam 3
Dimona 57
Haifa 4
Holon 3
Jerusalem 2
Nazareth 65
Rehovot 54
Tel Aviv 3
Tiberias 67

ITALY 39
Bari 80
Bologna 51
Catania 95
Florence 55
Genoa 10
Palermo 91
Naples 81
Milan 2
Rome 6
Turin 11

JAPAN 81
Amagasaki 6
Chiba 472
Fukuoka 92
Hiroshima 822
Kanazawa 762
Kawasaki 44
Kitakyushu 93
Kobe 78
Kumamoto 963
Kyoto 75
Nagasaki 958
Nagoya 52
Okayama 862
Osaka 6
Sakai 722
Sapporo 11
Sendai 222
Tokyo 3
Yokohama 45
Yokosuka 468

KENYA 254
Kabete 2
Kiambu 284
Kikuyu 283
Kisumu 35
Mombasa 11
Nairobi 2
Nakuru 37
Shanzu 11
Thika 151
Uthiru 2

KOREA 82
Inchon 32
Jeon ju 52
Kwangju 62
Masan 73
Mokpo 63
Pusan 72
Seoul 2
Taegu 82
Taejeon 42
Ulsan 74

KUWAIT 965
All Points *

LIECHTENSTEIN 41
All Points 75

LUXEMBOURG 352
All Points *

MALAYSIA 60
Alor Srar 4
Baranang 3
Dengkill 3
Ipoh 5
Kajang 3
Kuala Lumpur 3
Port Dickson 6
Semenyih 3
Sungei Besi 3
Sungei Renggam 3

MONACO 33
All Points 93

NETHERLANDS 31
Amsterdam 20
Arnhem 85
Breda 76
Eindhoven 40
Enschede 53
Groningen 50
Haarlem 23
Heemstede 23
Hillegersberg 10
Hoensbroek 45
Hoogkerk 50
Hoogvliet 10
Leiden 71
Loosduinen 70
Nijmegen 80
Oud Zuilen 30
Rotterdam 10
The Hague 70
Tilburg 13
Utrecht 30

NETHERLANDS ANTILLES 599
Bonaire 7
Curacao 9
Saba 4
St. Eustatius 3
St. Maarten 5

NEW ZEALAND 64
Auckland 9
Christchurch 3
Dunedin 24
Hamilton 71
Invercargill 21
Napier 70
Palmerston North 63
Rotorua 73
Tauranga 75
Wellington 4

NICARAGUA 505
Chinandega 341
Granada 72
Jinotepe 41
Leon 31
Managua 2
Masaya 71

NORWAY 47
Bergen 5
Drammen 3
Fredrikstad 32
Haugesund 47
Oslo 2
Sarpsborg 31
Skien 35
Stavanger 45
Tonsberg 33
Trondheim 75

PAPUA NEW GUINEA 675
All Points *

PERU 51
Arequipa 542
Callao 14
Chiclayo 7423
Chimbote 4432
Cuzco 8423
Huancayo 6423
Ica 3423
Lima 14
Piura 7432
Trujillo 44

PHILIPPINES 63
Angeles 55
Bacolod 34
Baguio 442
Cebu 32
Davao 35
Iloilo 33
Manila 2
San Fernando, Pampanga 45
San Pablo 43
Tarlac 47

PORTUGAL 351
Almada 19
Barreiro 19
Braga 23
Coimbra 39
Evora 69
Guimaraes 23
Lisbon 19
Montijo 19
Porto 29
Setubal 15

SAN MARINO 39
All Points 541

SAUDI ARABIA 966
Abha 7
Al Khobar 31
Dhahran 31
Jeddah 21
Khamis Mushait 7
Mecca 22
Medina 41
Najran 7
Riyadh 1

SINGAPORE 65
All Points *

SOUTH AFRICA 27
Bloemfontein 51
Cape Town 21
Durban 31
East London 431
Johannesburg 11
Pietermaritzburg 331
Port Elizabeth 41
Pretoria 12
Uitenhage 422
Welkom 17

SPAIN 34
Barcelona 3
Bilbao 4
Cadiz 56
Granada 58
Las Palmas/de Gran Canaria 28
Madrid 1
Malaga 52
Palma de Mallorca 71
Pamplona 48
Santander 42
Seville 54
Valencia 6

SWEDEN 46
Boras 33
Goteborg 31
Helsingborg 42
Linkoping 13
Malmo 40
Norrkoping 11
Stockholm 8
Sundsvall 60
Uppsala 18
Vasteras 21

SWITZERLAND 41
Aarau 64
Baden 56
Basel 61
Berne 31
Biel 28
Davos 83
Fribourg 37
Geneva 22
Interlaken 36
La Chaux-de-Fonds 39
Lausanne 21
Lucerne 41
Lugano 91
Montreux 21
Neuchatel 38
St. Gallen 71
St. Moritz 82
Solothurn 65
Winterthur 52
Zurich 1

TAHITI 689
All Points *

THAILAND 66
Bangkok 2

TURKEY 90
Adana 711
Ankara 41
Bursa 241
Diyarbakir 8311
Eskisehir 221
Gaziantep 851
Istanbul 11
Izmir 51
Kayseri 3511
Konya 331

UNITED ARAB EMIRATES

ABU DHABI 979
Abu Dhabi Town 2
Al Ain 3
Jebel Dhana 5

AJMAN 971
All Points 5

DUBAI 978
Aweir *
Falaj Amala 96
Khawanij *

FUJAIRAH 971
All Points 1

RAS-AL-KHAIMAH 971
All Points 7

SHARJAH 971
All Points 5

UMM-AL-QUWAIN 971
All Points 69

UNITED KINGDOM 44
Belfast 232
Birmingham 21
Bolton 204
Bradford 274
Brighton 273
Bristol 272
Cardiff 222
Coventry 203
Edinburgh 31
Glasgow 41
Leeds 532
Leicester 533
Liverpool 51
London 1
Manchester 61
Newcastle upon Tyne 632
Nottingham 602
Portsmouth 705
Sheffield 742
Southampton 703

VATICAN CITY 39
All Points 6

VENEZUELA 58
Barquisimeto 51
Cabimas 64
Caracas 2
Ciudad Bolivar 85
Cumana 93
Maracaibo 61
Maracay 43
San Cristobal 76
Valencia 41

YUGOSLAVIA 38
Belgrade 11
Ljubljana 61
Maribor 62
Mostar 88
Novi Sad 21
Rijeka 51
Sarajevo 71
Skoplje 91
Split 58
Zagreb 41

*No city codes required

HOW TO TALK TURKEY TO TOKYO



DIAL DIRECT

If you have International Dialing, the world is only a chopstick away, because you can call anywhere, all by yourself. Here's Tokyo. Just dial:

INTERNATIONAL ACCESS CODE COUNTRY CODE CITY CODE

011 + 81 + 3 + LOCAL NUMBER

There's money in it for you, too. A saving of $1.20, which is more than 13% on a 3-minute call to Tokyo.

ALMOST DIRECT

Until your area has International Dialing, here's the way to make a fast overseas call. Dial 0, and be ready to tell the Operator the country, city and local phone number you want and whether your call is Station or Person. The less time you spend on your end of the call, the faster you get to the other. And you leave the Operator free to handle more calls, more quickly. And on Station calls not requiring special operator assistance, you can get the same low rates as International Dialing.

P.S. Everyone can dial direct to Canada, the Caribbean, Alaska, Hawaii, and parts of Mexico–just as you dial direct to cities inside the continental U.S.

Selling sushi or saying sayonara, keep a record of the country and city codes and the phone numbers, and use them to call the world–fast.

CODES FOR PRINCIPAL CITIES IN JAPAN (81)

Chiba	472	Kobe	78	Sakai	722
Fukuoka	92	Kyoto	75	Sapporo	11
Hiroshima	822	Nagoya	53	Sendai	222
Kawasaki	44	Okayama	862	Tokyo	3
Kitakyushu	93	Osaka	6	Yokohama	45

Bell System



GOING PLACES

continued from page 80

night, Keystone. Summit County Marathon, Aug. 25.

Golf & Tennis: John Gardiner tennis experts give lessons on 14 courts (2 indoors) at Keystone. Sign up for week-long (Sat.-Thurs.) or weekend clinics. For golf, 9 holes at Copper Mountain.

Water sports: Rent a paddleboat, canoe, or small sailboat on Keystone Lake. Or go sailing, canoeing, kayaking, and fishing in Dillon's larger reservoir. For white-water rafting, there are trips down the Colorado and Arkansas Rivers. Swim in pools at more than 20 hotels/lodges.

Outings: Chairlifts take you to the top of mountains for nature hikes or picnics (box lunches provided by some lodges). Sign up for a trail ride with cookout supper. Mountain-climbing trips for beginners go to nearby Gore Range, Ten Mile Range, Holy Cross. You can rent a jeep and drive to the Arapaho National Forest, or ride bikes on new paths along the Snake River. Take a trip to the abandoned silver mines at Peru Creek and Montezuma Basin or visit the ghost towns of Gold Rush days—Swan City, Tiger, Lincoln.

Field sports: You can play: softball, volleyball, croquet, badminton, or try your hand at archery. And watch: soccer games, rugby games, more. Also, try the new Alpine Slide at Breckenridge.

Art, theater, classes: The Breckenridge Gallery has special Southwestern art shows. The Backstage Theater has performances Thursday, Friday, Saturday. At Copper Mountain, see performances by the St. Louis University Theater Company. Classes in the environment are held in a small ghost town in Keystone. Colorado Mountain College offers photography symposium at Breckenridge and Keystone, late June, as well as writing workshops and courses at Copper Mountain.

For Children: Teen Program (ages 11-18) Activity Center (5-12), and day care (under 5) at Keystone. The Carriage House (under 8) at Breckenridge and the Junior Edge Group (ages 4-6; 7-12)—all provide crafts, sports activities, cookouts, special projects.

Where to stay: There are hotels, lodges, and condominiums to rent in each resort. Club Med is currently building year-round facilities at Copper Mountain, to open Christmas, 1980.

Write: Copper Mountain, P.O. Box 3, Copper Mountain, Colo. 80443; Breckenridge Resort Association, P.O. Box 1909 Breckenridge, Colo. 80424; Keystone Resort, Box 38, Keystone, Colo. 80435; Colorado Mountain College, Box 914, Breckenridge, Colo. 80424.

Aspen/Snowmass

Once a Western silver-mining town, Aspen is now one of the largest ski areas

Continued on page 86

STANLEY PRESENTS FURNITURE FOR CANDY AND DENNIS EAKIN.

Dallas, Texas



Stanley must know we're on our way to the top. Because their Second Edition collection looks like it was created to go right along with us. Whether we're in a duplex or an apartment . . . or that elegant townhouse we'll have someday . . . it's scaled to fit right in. Second Edition pieces combine in so many ways, so every room's a showplace. And talk about good looks! Real elm veneers and maple solids in a soft, rich finish. Contrasting brass hardware highlights. And the look of turned rattan and wicker in just the right places. Best of all, Second Edition goes everywhere. In the dining room, bedroom, and living room. We needed flexibility, storage, and display space . . . we wanted contemporary elegance. And Stanley heard us!

anufacturer's suggested retail price for the ble, less than $625. For a brochure, send 50¢ to: anley Furniture, Dept. S3, Stanleytown, Va. 24168.

Stanley Furniture
a Mead Company

GOING PLACES

continued from page 84

in the country. Snowmass Village, 11 miles southwest of Aspen, is an incorporated part of the resort area. Aspen is 205 miles west of Denver, about a 45-minute flight away.

Special events: The Aspen Musical Festival presents more than 100 concerts, conferences, workshops given by visiting musicians, June 29-Aug. 26. The Ballet West, a Salt Lake City company in its 10th summer at Aspen, gives regular performances, also dance classes and workshops, July 13-Aug. 18. Hot-air balloon races, July 20-22. Thirty balloons, 2,000 spectators. International Design Conference, June 17-24.

Sports:

Golf and tennis: There are 15 tennis courts in Snowmass, 3 clubs, and 20 court areas in Aspen. Aspen has a 9-hole golf course; Snowmass has 18 holes.

Water sports: Take lessons in kite flying on water skis. Swim in one of many heated pools at hotels/condominiums. Fishing, river-rafting, canoeing, kayaking, sailing, also available.

Field sports and fitness: Rugby, softball, soccer, volleyball—to play or to watch. At Snowmass: a complete Parcours fitness trail.

Outings: Take the chairlift at Highland Mountain and follow well-marked Forest Service trails, or hire a guide from one of five backpacking outfitters. Six stables organize horseback riding and pack trips. For cyclists—6 miles of bike paths. The adventurous can go gliding or sailplaning in the mountains.

Art, history, classes: 13 art galleries in Aspen. Historical tours of the town and other events given by the Aspen Historical Society, 620 Bleeker St. In Snowmass, the Andersen Ranch Arts Center gives courses in photography, ceramics, woodworking, pottery, and more. Aspen has a Center for Environmental Studies and a Martial Arts Academy (courses in everything from Chinese cooking to karate.)

For children: "Kinderheim" is an outdoor program for ages 5-12. Includes: archery, hiking, swimming, horseback riding. For other day camps (ages 3-12), contact the Chamber of Commerce.

Where to stay: Aspen/Snowmass has over 70 hotels, lodges, and condominiums.

Write: The Aspen Chamber of Commerce, 328 East Hyman Avenue, Aspen, Colo. 81611; Snowmass Resort, Box 5566, Snowmass Village, Colo. 81615.

Other resorts in brief:

Special events and summer activities: **Crested Butte**, Crested Butte, Colo. 81224: "Aerial Weekend," late Aug.—sky diving, hang gliding, balloon races. Also: "Pearl Pass Klunker Tour," a 25-mile race to Aspen on one-speed bicycles. **Telluride,** P.O. Box 651, Telluride, Colo. 81435: bluegrass, jazz, and film festivals in this small turn-of-the-century town.

Steamboat Springs, P.O. Box 717, Steamboat Springs, Colo. 80477: Visit the natural mineral springs, or sign up for an evening raft ride and buffalo roast. Arts festival, mid July. **Tamarron**, P.O. Drawer 3131, Durango, Colo. 81301: A year-round resort on 640 acres of wilderness, where elk graze on the 18-hole golf course. **Winter Park**, P.O. Box 5, Winter Park, Colo. 80482: New Alpine Slide to open late August. Vacations at dude ranches nearby, plus summer sports. ■

In Bermuda: The fun, the freedom of renting a house

BY PENELOPE W. LINCK

You can fly to Bermuda in less time than it takes a large chicken to defrost. You take the chicken because you have rented a house for a week (or longer), and the chicken will be tonight's dinner.

Everyone knows about Bermuda's coral reefs, white sand, aquamarine water, its blankets of tropical flowers. But Bermuda is also a wonderful place to have fun. A frequent refrain—this one overheard in the lobby of the Southampton Princess—"We went for a ride in a glass-bottomed boat; we went skin diving, and we've been snorkeling. We're having an absolute blast!"

Renting provides an ideal way to take advantage of all the island has to offer—you can revel in the casual life that having your own house provides, and you can also make use of the facilities of the big resorts such as the Southampton Princess or the Coral Beach Club simply by telephoning ahead. A call for reservation lets you play tennis (for a nominal fee) on the Princess's beautiful all-weather courts next to its particularly attractive beach. It's horseshoe-shaped with a beach club perched on the rocks above it. The most popular beach food seems to be hamburgers and French fries, and very good, too. Since Bermuda's an island, the Princess flies in food for its several restaurants from such scattered places as California (for strawberries), and Kenya (asparagus) to go with the local rockfish.

Golfers should telephone for starting times at any of several public courses as well as the resort courses. A little scouting around at home before you leave will usually produce an invitation to one of the private clubs through the well-known network of golf club pros. (You may have to walk the course, however.)

Continued on page 88



Create your own original room settings with the original Levolor Riviera Blind
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National Smoker Study:



Merit Science Works!

Low tar MERIT with 'Enriched Flavor'™ tobacco delivers taste equal to–or better than–leading high tar brands.

The 'Enriched Flavor' science of low tar MERIT, 12 years in the making, isolates and fortifies flavor components of smoke for a taste way out of proportion to tar. Can that taste satisfy the toughest critics of low tar smoking—current smokers of high tar cigarettes?

Read the results from a detailed, nationwide research effort involving smokers who taste-tested MERIT against leading high tar brands.

Confirmed: Majority of high tar smokers rate MERIT taste equal to—or better than—leading high tar cigarettes tested! *Cigarettes having up to twice the tar.*

Confirmed: Majority of high tar smokers confirm taste satisfaction of low tar MERIT.

And in interviews conducted among current MERIT smokers:

Confirmed: 85% of MERIT smokers say it was an "easy switch" from high tar brands.

Confirmed: 9 out of 10 MERIT smokers not considering other brands.

Confirmed: Overwhelming majority of MERIT smokers say their former high tar brands weren't missed!

MERIT has proven conclusively that it not only delivers the flavor of high tar brands—but *continues* to satisfy!

This ability to satisfy over long periods of time could be the most important evidence to date that MERIT science has produced what it claims: The first real taste alternative for high tar smokers.

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Kings: 8 mg "tar," 0.6 mg nicotine—
100's: 11 mg "tar," 0.7 mg nicotine av. per cigarette, FTC Report May '78

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

MERIT
Kings & 100's

GOING PLACES

continued from page 86

Swimming and snorkeling are other popular pursuits on the island. Small, opalescent fish frolic in water only ankle deep. Further out, you will see fish colored neon green and electric blue (the best places are around rocks and over the reefs) and vertically striped yellow and black fish (we always called them sergeant majors) so curious you will find them tickling your toes. Bring or rent a rubber raft if you're a cautious swimmer—then float on it or hang onto it with one hand while snorkeling. Always swim in pairs or groups. It is more fun to point out the fish to each other and it is also safer. Concentric rings of reefs keep out the really big fish. There are public beaches all over the island. For a list of the ones nearest to where you're staying, write The Bermuda Department of Tourism, 630 Fifth Ave., New York, N.Y. 10020.

After the chicken's gone, then what? A trip to the big, modern Piggly Wiggly supermarket. The close ties Bermuda has with England gives the supermarket a complexion unfamiliar to Americans—to us it looks like a gourmet shop with aisles full of English jams, honeys, biscuits, English country butter, real Devon cream, English unpasteurized apple juice—and for less than similar products would cost at home. We baked our own bread from English stone-ground wholewheat flours. Fruits come from California, tiny incredibly sweet pineapples from the Caribbean—try to find them at the roadside stands; they are delicious. Watercress is bountiful and inexpensive. The rarity is fresh meat—so bring a roast as well as a chicken, and then depend on the local fishermen. The local rockfish are wonderful as are the not-so-pretty hogfish. If not sold immediately, the fish are frozen. But even defrosted, the fish will taste fresh and you may learn for the first time what a "clear eye" as a test for freshness looks like!

And then, you must go out at least once. There are several restaurants to choose from and the one with the widest reputation is the Fourways Inn in Paget. If you arrive early enough, you can tour the dining rooms and choose your table. At lunch you can choose the outdoor patio replete with flowers and fountains. Rockfish comes three ways here—pan fried with a butter sauce; poached with a sauce of white wine, crabmeat, and mushrooms; or simply charcoal broiled. Duck for two, crisp and moist, is flamed with Grand Marnier at tableside. Try the cold lemon mousse or the hot strawberry soufflé for dessert. Service is attentive.

How to get around? Again, this can be settled ahead (or on arrival) by calling an agency that rents mopeds. They will deliver the desired number shortly after you are scheduled to arrive. Only Bermuda residents may drive cars, so call taxis for longer excursions and supermarket jaunts, or take one of the local buses up and down the Middle Road (they come often and cost little). After a brief get-acquainted lesson with your moped (helmets and locks are provided by the agency), most people become dedicated riders of the little machines and explore every nook and cranny of the island on them. A word of caution—the roads are narrow, often walled on both sides and windy—be careful! Mopeds rent for about $35 a week.

Rentals—2 bedrooms, $750–$1,200/month. Maid service—$3/hour and can be arranged through the real-estate agent.

Bermuda has many reliable real-estate agencies, some of which specialize in rentals. Three of the largest are: DeCouto & Dunstan Real Estate, Box 933, Hamilton 5, Bermuda—(809) 292-0616; L.P. Gutteridge Ltd., Box 1024, Hamilton 5, Bermuda—(809) 295-4545; Rego Ltd., Box 169, Hamilton 5, Bermuda (809) 292-3921. For a complete list of agencies, write the Bermuda Department of Tourism, 630 Fifth Avenue, New York, N.Y. 10020, (212) 246-6053. ■

Ideas for trips

continued from page 80

and vacation ideas in Canada: Air Canada's 84-page guide, which tells, among other things, how to rent a Canadian apartment for your vacation. At Air Canada ticket offices.

Balloon trips

More popular than ever: ballooning through France. The Bombard Society with Air France have 16 trips (May-October) to Burgundy (7 days-$1,795) or Burgundy and the Loire Valley (11 days-$2,995). Airfare extra. A comfortable trip—wonderful hotels like the Hotel de la Poste in Beaune, wonderful food (everyday a picnic of regional dishes at the end of a balloon excursion). Twenty to a trip. Each balloon has experienced pilot, ground crew.

Needlework trips

Erica Wilson, world renowned needlework author, teacher, and recently tour director, is again taking groups of needle artists—men and women—on three 2-week and one single-week trips starting in May, to either Scotland and England or France. You stitch as you go, are taken to famous needlework collections, attend specially arranged seminars, see beautiful old houses, dine in (some) three-star restaurants, sleep in deluxe hotels wherever possible. For information: Erica Wilson Needlework Tours, 717 Madison Avenue, New York, N.Y.

Continued on page 258



Escape to the Islands tonight.



Tia Maria and...

For imaginative drink ideas, send for the Tia Maria recipe book:
W.A. Taylor & Company, 825 South Bayshore Drive, Miami, Florida 33131

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SEIKO QUARTZ DESIGNER CLOCKS.

Probably the most beautiful accessories that ever kept time.

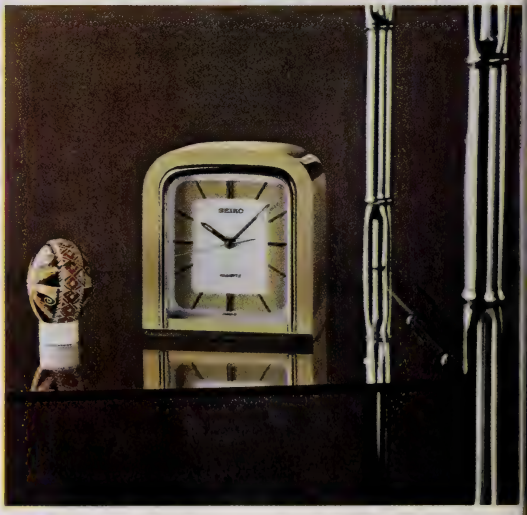
The new Seiko Quartz Designer Collection looks at clocks as uncompromisingly beautiful accessories. Specially designed for your most important settings, they open a world of decorating possibilities you may never have considered. Because there's a uniquely beautiful Seiko Quartz clock to enhance any decor, from traditional to contemporary. And because they're Seiko Quartz, their accuracy is incomparable, too. All are battery-powered, never need winding, and come with a one year warranty.

So come discover this magnificent collection of designer clocks today. There are so many wonderful styles to choose from, you're sure to find just the perfect one. For yourself, or when it's time for that special gift. Priced from $75 to $250, Seiko Quartz Designer Clocks are available at better jewelry, department, luggage and gift stores. **SEIKO**





(Shown at top) QP024G) Bold, contemporary design in gilt for the executive suite, this superbly accurate Seiko Quartz is a must.



(Shown at bottom) QP030G) Seiko sets a luxurious mood in sleek, gleaming gilt, for all your sophisticated settings.

(Shown at left) A beautiful touch where the family gathers...a pure simple shape and a warm gold color.



(Shown QF002G.) A distinct reflection of your elegant taste, the quiet dignity of the Westminster Chime in polished gilt with a classic dial of Roman numerals.



Since 1886, Hunter has made the original, authentic ceiling fan, the one shipped to India, Africa and the rest of the world at the turn of the century, and the kind that cooled Rick's Cafe in "Casablanca."



Your decorating efforts deserve this classic touch—not an imitation of it. And your budget deserves the money it can save in your home—circulating cool air from bottom to top in summer to make air conditioning much more efficient and distributing warm air evenly in winter to save on heating costs.



Hunter makes this original, classic fan in a wide range of styles from about $150 to $400. Select the blades, the color, the light adapter kit that suits your home best. See the entire collection in our Hunter catalog. Send $1.00 for 8-page, 4-color catalog and Special Energy Bulletin to Hunter, Dept. C05, P. O. Box 14775, Memphis, Tennessee 38114.

Hunter manufactures a complete line of energy saving fans and blowers. Hunter Division of Robbins & Myers, Inc.

The Original HUNTER OLDE TYME CEILING FANS

continued from page 88

Booklets to help you plan your trip

1. Elbow Beach Hotel, Bermuda, cover 24 acres with gardens, tennis, golf, a Olympic size pool—and a wide beach.

2. Princess Hotels: Spring Summer Fal Vacations 1979 describes trips to any o 9 hotels in the Bahamas, Bermuda Mexico, the U.S., and Europe. Included tennis and golf holidays at Bermuda' Southampton Princess.

3. Bermuda—There is No Doubt Abou It is a booklet with questions and answe about everything from where to eat t what to see at the Aquarium.

4. Missouri has 35 state parks wit swimming, fishing, hunting, and othe activities. Also: 3,900 caves with 2 open for guided tours.

5. The Spa at Palm-Aire, Pompan Beach, Fla., has extensive indoor sp facilities, plus outdoor activities lik tennis, golf, swimming, boating.

6. New York: "I Love New York Trave Guide" divides the state into ten regions with information on where to go an what to do. Visit Old Fort Niagara, o see something on Broadway. For specia theatre tours, "I Love New York Broad way Show Tours 1979."

7. Arizona: a vacation kit that include a large road map, calendar of annua events, directory of places to stay, and guide to northern Arizona and the Gran Canyon. You'll also get a "Traveler Gazette" with driving tours.

8. Wyoming: Three brochures to hel you choose a vacation. "Wyomin Snowtime," for ski vacations. "Wyomin Gold," to find out what's going on i autumn, and "Wyoming Picture Pe fect," an overall look at this Nort western state.

9. Virginia Travel Planner is a complet kit with guides and brochures abo places to go and things to do in Virgini Visit Colonial Williamsburg, or relax Virginia Beach.

Circle the number of each booklet you want. Add $1 for postage and handling. Do not send stamps. Allow up to 4 weeks for delivery. Mail to: HOUSE & GARDEN, Dept. 5A, Box 3579, Grand Central Station, New York, N.Y. 10017.

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6 7 8 9

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Offer expires 8/15/79

Bermuda. Get away to it all!

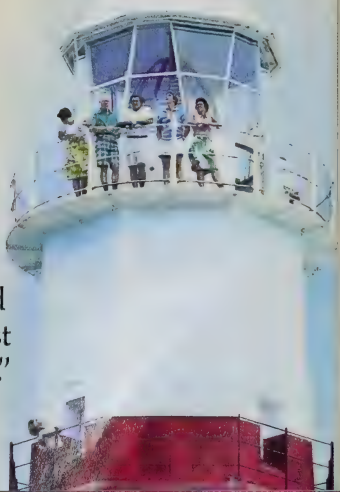
"In Bermuda, the family is together. That's what our vacation is all about. The swimming, the snorkeling, and of course, the motorbikes. We get our money's worth here."

Don and Nance Martin
talk about the Martins' fifteenth visit to Bermuda.



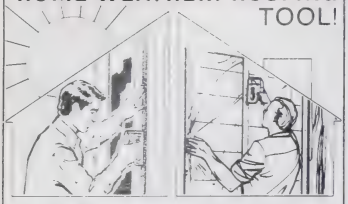
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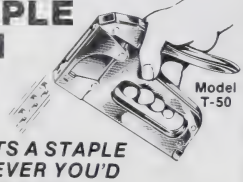


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Fork & spoon food



ALAN KLEINBERG

Tempting recipes from Edna Lewis, who cooked up all the fork and spoon dishes on pages 178 through 183

Take a kitchen cue from Edna Lewis, author of *The Taste of Country Cooking* (Knopf). New combinations of seasonal foods make the most of what spring and summer offer—like plump shrimp skewered with corn on the cob and eggplant, or pink-on-pink watermelon and plums sauced with raspberries and framboise eau de vie.

Hearty fish chowder

INGREDIENTS

¼ cup butter
½ pound salt pork with streak of lean, cut into cubes
1 cod collar and ½ head, if available
1 medium onion, peeled
2 stalks celery with leaves
2-3 sprigs parsley
1 bay leaf
¼ teaspoon thyme
2 pounds codfish fillet in one piece
1 pound halibut or haddock fillet in one piece
½ cup onion, chopped
⅔ cup leek, cut in small pieces with ½ inch of green tops
2 cups white potatoes, diced
⅓ cup celery, diced small
1 quart milk
1 pint heavy cream (do not use ultrapasturized)
Salt, freshly ground black pepper
6-8 drops Tabasco or ⅛ teaspoon cayenne
1 pint fresh shucked clams
½ cup Chablis or other dry white wine

METHOD

☐ Heat a large skillet, add 1 tablespoon butter and the cubed pork. Cook until the fat is rendered, and the pork pieces are crispy. Remove and set aside. Add the cod collar and head and sear well on both sides without browning. Remove to a large pot. Add the onion, celery stalks, and herbs to the cod. Pour in cold water to cover the fish and place the pieces of cod and halibut or haddock in last. Bring the liquid to a simmer and let simmer 15 minutes. Remove the large pieces of fish to a bowl and cover. Continue to cook the rest an hour longer.

☐ Strain the stock into a bowl and dis card the rest. Pour the strained stock int a pot and set over low heat. Heat a skille add the rest of the butter, the choppe onion, leek, potatoes, and diced celer Sauté well for a few minutes witho browning. Add the vegetables to the stoc Stir in the milk and cream and cook gent 30 minutes. Add the reserved pieces fish and season to taste with salt, peppe and Tabasco or cayenne. Add the clams 1 minutes before serving. If you make th chowder a day ahead, add the clams whe you reheat it. Taste and adjust seasonin then stir in the wine. Reheat the reserve pieces of salt pork briefly—sprinkle on to of the chowder. Serves 10.

Carrot soup

INGREDIENTS

4 tablespoons butter
1 bunch carrots, peeled and thinly sliced
1 medium onion, peeled and chopped
1 tablespoon cornstarch
½ teaspoon oregano
Salt, pepper
4 cups milk
1 cup heavy cream (do not use ultrapasturized)
2 tablespoons fresh chervil, finely cut
¼ cup orange zest, cut into very fine julienne

METHOD

☐ Heat a heavy skillet, add the butte and when it begins to foam, add the ca rots and onion. Sauté well without brow ing 4-5 minutes, stirring all the whil Blend in cornstarch, mixing well. Spoo the mixture into a large saucepan. Add cup water, cover, and bring to a near bo Reduce heat and simmer 45 minutes until carrots are soft. Remove from he and let cool a bit.

☐ Stir in oregano and salt and pepper taste. Pour mixture by spoonfuls into blender, begin to process, and add 1 cups milk with the blender running. Whe half of the carrots have been blende taste and adjust seasoning, then add th rest of the carrots, milk, and the crea

Continued on page 9

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Fork & spoon food
continued from page 94

Blend until smooth. Do in batches. Pour into a saucepan and heat through for 10 minutes. Pour into a bowl, stir in the chervil, and chill, covered, several hours in the refrigerator. Serve garnished with the julienned zest. Serves 6.

Cold poached chicken

INGREDIENTS

2 stalks celery with leaves
2-3 sprigs parsley
1 bay leaf
¼ teaspoon dried thyme or small sprig fresh
2 2¾-3-pound chickens
2 teaspoons salt
1 teaspoon freshly ground black pepper

METHOD

☐ Place 1½ cups cold water, celery, parsley, bay leaf, thyme in pot that holds chickens snugly. Set over medium heat. ☐ Wash and pat the chickens dry, then rub the cavities with salt and pepper mixed together. Truss the chickens and place neatly in the pot. Cover tightly and simmer slowly—do not let the liquid reach a boil. Cook 1 hour or until tender. Halfway through the cooking time, turn the chickens breast down to make sure they cook evenly. Remove from heat and let cool in the stock. Lift chickens out of the stock, drain, place on a platter. Cover with wax paper. It is better not to refrigerate poached chickens as this tends to harden them—cook them early the day you plan to serve them or, if the weather is very cold, leave them overnight. Before serving, remove outer skin; cut as desired.

Blanched baby okra with vinaigrette dressing

INGREDIENTS

1 pound baby okra, well washed and drained (do not trim the ends)
⅓ cup cider vinegar
¼ cup olive oil
½ teaspoon sea salt
¼ teaspoon freshly ground black pepper
1 tablespoon parsley, finely chopped
2 teaspoons onion, freshly grated

METHOD

☐ Fill a 2-quart saucepan with cold water and bring to a boil. Plunge the okra into the water, a few at a time, so that water continues to boil. Stir okra to make sure all pods are immersed. Cook only 2-2½ minutes. Drain, and immediately plunge the okra into ice water for a minute. Dip pods out and place on a towel to drain. ☐ Combine the vinegar, oil, salt, pepper, parsley, and onion in a bottle, cork, and shake well. Place the okra in a dish, pour the vinaigrette over, and let marinate 20 minutes, tossing occasionally. Drain and serve, or refrigerate if you wish. Serves 4.

Continued on page 100



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Heat reduction data from article titled "Canvas Awnings Stop Up To 77% Of Sun's Heat" in Canvas Products Review, July, 1958.

Fork & spoon food

continued from page 96

Shrimp en brochette

INGREDIENTS

1 cup dry vermouth or white wine
2 slices onion
1 slice lemon
1 sprig parsley
¼ teaspoon thyme
2 pounds jumbo shrimp
1 eggplant, coarsely diced
2 bell peppers, cored and cut into squares
2 ears fresh corn, cut into 1-inch pieces
1 box plum tomatoes (if small, leave whole)
3 pounds mushrooms
1 cup sesame seed or olive oil
2 tablespoons lime juice
2 tablespoons lemon juice
1 clove garlic, minced
Spicy cocktail sauce (recipe below)

METHOD

☐ Combine 2 cups cold water, vermouth or wine, onion slices, lemon slice, parsley, and thyme in a large kettle. Add shrimp and bring to a near boil. Remove from heat and leave shrimp to cool in the bouillon. Shell and devein the shrimp. Thread onto skewers with the vegetables.

☐ Make 2 bars from aluminum foil on which to rest the skewers. Mix sesame seed or olive oil, lime and lemon juices, garlic in a bowl and paint shrimp and vegetables well with the mixture. Rest skewer ends on foil bars; place broiling pan 4-5 inches from preheated broiler flame. Broil 2½-3 minutes on each side, basting frequently with marinade—the mushrooms absorb a lot of oil. Serve with spicy cocktail sauce. Serves 4-6.

Spicy cocktail sauce

INGREDIENTS

1 cup catsup
8 tablespoons sherry
4 tablespoons lemon juice
8-9 drops Tabasco
3 teaspoons fresh snipped chives
¼ teaspoon salt

METHOD

☐ Mix all ingredients in a bowl. Serve at room temperature. Makes 1½ cups.

Watermelon with plums and raspberry sauce

INGREDIENTS

1 small watermelon
1 pound red plums, quartered
1 pint raspberries
Sugar (optional)
1tablespoon framboise, or to taste

METHOD

☐ Cut the watermelon in half lengthwise, then cut into quarters. Remove as many seeds as possible. Arrange the melon slices and plums on individual plates.

☐ Purée the raspberries in a blender or food processor, sweeten to taste, and stir in the framboise. Spoon a bit of sauce over the melon and plums on each plate, then pass the rest. Serves 4-6.

☐ *Note:* If you use frozen raspberries, thaw them well, drain off some of the syrup, and stir in the framboise.

Frozen vanilla yogurt

INGREDIENTS

1 cup yogurt
1 quart raw milk or use half-and-half
1 cup cottage cheese
½ cup sugar, or to taste
1 tablespoon vanilla
Vegetable oil
Tangerine sections for garnish

METHOD

☐ Mix together the yogurt and milk in a bowl and set in a warm place for 1 day. A spot over the pilot light is ideal. The mixture will become solid.

☐ Place the cottage cheese, a spoonful at a time, in a blender with some of the yogurt-milk and blend until smooth. Continue until all the cottage cheese has been used and the mixture is smooth. Add the sugar and the rest of the yogurt, and blend in the vanilla.

☐ Pour the mixture into well-oiled molds

Continued on page 217

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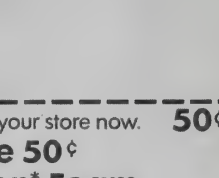
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INGENIOUS WAYS TO MAKE YOUR LIFE EASIER

HAPPY HOUSE CLEANING

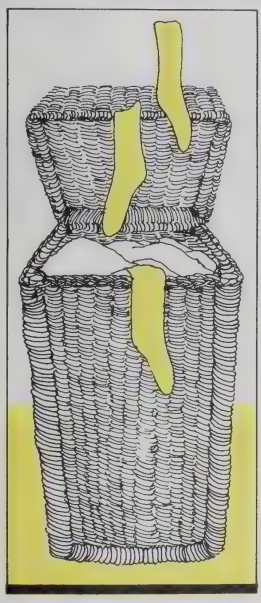
Doing things the easy way

Cleaning is easier if you do it when you think of it—so be sure the gear is at hand. Keep cleansers and cleaning equipment in the kitchen, laundry room, and each bathroom. Keep a dustcloth in every room, too—in the time it takes to go get one, you can have half the furniture dusted.

You can teach your vacuum cleaner to do a lot by using the proper attachments. But there's no way you can teach it to climb stairs. The best time-saving investment: an easy-to-carry electric broom or two vacuum cleaners, one for upstairs, one for down.

Clean from the top down: Dust the lampshade before the lamp, do floors last. The exception: Walls should be washed from the bottom. Dirty drips are easier to wipe off clean walls. And when dusting, don't forget the light bulbs—you can increase your energy savings by 25 percent.





Some clutter keeps reappearing in the same spot no matter how often you clean up. Take a cue from these clues. Add a rack on the spot for newspapers and magazines, put a mail basket on the wall, and move the hamper where the socks usually fall.

The best time to clean the shower is on your way out. If you keep your cleaner and a long-handled sponge handy, you can wipe it clean in a flash. News from the bath: Using bath oil when you soak or adding a tablespoon or two of liquid detergent will stop a ring from forming in the tub.

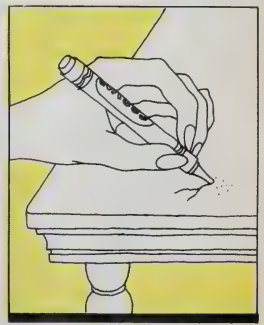
Wall-to-wall cleaning

The key to spot-cleaning carpets is lightning action—and patience. Blot up the spill instantly with paper towels, then blot with a sponge dipped in a tablespoon of liquid detergent diluted in a pint of water. *Blot*, don't rub, for rubbing will frizz the nap. Blot dry with paper towels. Repeat until spot is gone.

Fur rugs can be whisked clean with a broom or a stiff brush. A sheepskin rug can be shampooed with spray-on dry shampoo. Or rub cornstarch into the fur, and brush clean. You can use the same technique for sheepskin coats.

Slate and quarry tile shouldn't be cleaned with soap and water—the results are slippery. Just mopping with water should do most jobs, but for stronger measures, home economist Doris Eriksen suggests washing soda or a mild detergent. Hint: If tile is not sealed, a clear, penetrating sealer makes it easier to clean.

When you rearrange furniture and your wood floor still marks the spot, dip fine steel wool (Triple "O") into wax and rub until spot is gone, and use mineral oil as a finishing touch. To level furniture indentations in a carpet, turn on a steam iron and hold it a few inches above the spot. Brush nap up with stiff brush. You may have to repeat.



BARBARA FIORE

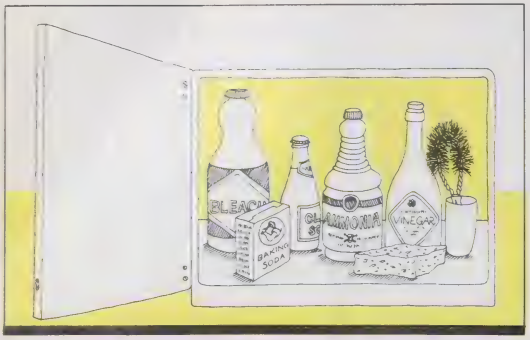
Furniture finesse

Camouflage strategies for scratches and nicks in wood furniture: Use children's crayons, shoe polish, or commercial wax sticks—whatever matches best. If you can't find the right color, you can create one by melting two or three crayons or wax sticks together. To make your own natural coloring agent, clean the spot with a little mineral oil, then rub with the meat of a sliced walnut, Brazil nut, or butternut. The oils will fill in and recolor the spot.

To prevent wicker from drying out, give it a light shower once a year by sprinkling with garden hose or watering can.

To remove white rings or spots left by glasses on wood furniture, dab a mineral oil-dipped cloth in a few cigarette ashes and rub spot gently. Wipe clean, then polish

For more house-cleaning ideas, turn the page



Super cleaners on the shelf

Take a look in your cupboard—what appear to be mild-mannered household products are ready to transform themselves into super cleaners. Here are some of the best we've heard of:

White vinegar applied with newspaper (the chemicals in the newsprint are part of the secret) will clean windows with nary a streak—and never have to be dried. People who have used this technique have reported that their windows have never been shinier—not to mention their glass tabletops and pictures.

Copper pots shine right up when scoured with a paste of vinegar and salt. Vinegar on a sponge shines brass.

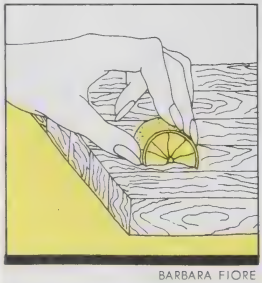
The best-tasting coffee comes from a clean pot. To rout out mineral and coffee deposits, run equal parts of vinegar and water through the drip of perk cycle. Rinse by running through with clean water only.

Vinegar cuts through soap film, so adding it to the rinse cycle of your dishwasher will make glass and china sparkle. A few tablespoons added to hand wash or ½ cup in the washing machine will make sure the rinse does its work.

The airline stewardesses' secret remedy for spills is club soda. It will lift a stain out of clothing and even lift old stains out of carpet. Stock up on club soda if you have a new puppy—it's great for training mishaps. To clean sisal or straw rugs, give them a drink of club soda. Sponge on, then pat with dry cloth.

How to stop odors in their tracks? Tuck a dish of vinegar on top of a bookcase or in another out-of-sight spot and it will attack odors while the party is in progress.

Baking soda can clean up a storm. It's a wonderful non-scratch scrubbing powder. Use it whenever an abrasive cleanser would be too strong—on porcelain, marble, stainless steel, enamel, even glass.



BARBARA FIORE

Kitchen care

When washing lettuce, add a splash of white vinegar to clean off pesticides.

Rubbing a cut lemon over butcherblock and then rinsing will lighten any dark areas—even on plastic-laminate butcherblock. To give butcherblock and chopping boards a good cleaning, sponge on ¾ cup chlorine bleach added to a gallon of water. Let soak into the wood, then rinse and rub with mineral oil and steel wool to restore a rich luster to the wood.

Stains on coffee cups and porcelain sinks and tubs will wipe clean with a dilute solution of chlorine bleach.

Shine up aluminum pots by boiling a potful of water to which you've added a teaspoon of cream of tartar.

House Fixer at the scene of the grime

Deanne Raffel, H&G's House Fixer columnist, tells how to mix on-hand ingredients for 3 super cleaning jobs:

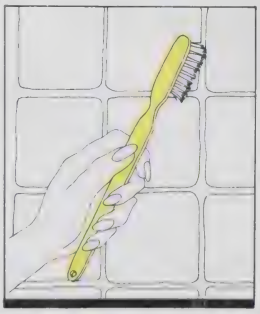
Equal parts of baking soda and vinegar down the drain will unclog even the most stubborn drain. The two produce a powerful cleaning reaction—and fumes—so be sure to replace the drain cover for safety.

A baking-soda brew that will clean nonstick cookware and even get out stains is: 2 tablespoons baking soda, ½ cup chlorine bleach, 1 cup of water. Mix up enough to fill pot an inch below top, then simmer for a few minutes. Wash with soap, rinse, dry, and then wipe with cooking oil (helps restore nonstick action of finish) before using the cookware again.

For one of the best cleaners around, use the Vinegar Institute's recipe for ½ cup vinegar, 1 cup ammonia, ¼ cup baking soda mixed in 1 gallon hot water. The mixture cuts the grease, cleans walls, floors and woodwork, and does a great job in the bathroom. To finish wipe off with clear water afterwards.

Clever cleaners

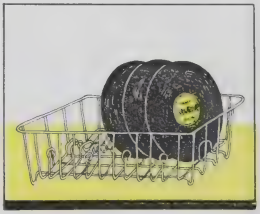
What to use to clean tight spots: An old toothbrush will get at grout between bathroom tiles and in tricky crevices when you polish carved woodwork. A toothpick will attack crumbs in cracks and a mesh-and-sponge pad is wonderful for getting around stainless steel and laminate corners—it's soft, flexible, and won't scratch.



Silver on display in a cabinet will stay shinier if you tuck a little camphor in the corners.

To remove wax caught in the corners of a cut glass or intricate silver candlestick, put the candlestick in the freezer. The wax will become hard and brittle and flake out easily. Or try the reverse tactic: Melt by running under very hot tap water. To remove a wax spot on a carpet or tablecloth, cover with a blotter or several layers of paper towels and melt with a warm iron. The toweling will absorb the melted wax.

How to clean up your stereo sound? Start with your records. Wipe with a soapy cloth rung dry to remove dust and finger oils. Follow up with a clean, damp cloth and let stand in a dish rack to dry.



Ink stains from price tags and newsprint will come off plastic laminate countertops with a little furniture polish—its just abrasive enough to rub out spots without affecting the original finish.

Talcum powder blots up grease stains—just cover the spot amply, let dry, and then brush the spot clean.

Scrub-a-pup

A pet in the tub will be a lot happier if you put a rubber mat on the bottom to give him a secure footing—claws sliding on a slippery tub make animals nervous! Be sure to put steel wool or a hair catcher over the drain to keep it from clogging.

Bath beauty tips for dogs: Two tablespoons of baking soda in the bath and rinse water will leave dogs' coats extra soft and shiny. For easy combing, add a little cream rinse to the water—even poodle fur will untangle with ease. Never bathe a dog before asking your veterinarian how often it's safe to do so.

After 7 years of good eating why change your dog's food?



Because after 7, his needs are changing.



When your dog is over 7, he begins to change on the inside. His digestion may be more delicate; his metabolism may be slowing down.

So the food he's been thriving on all these years may not be right for him now. That's why it's important to change his diet to Cycle® 4 dog food. Cycle 4 is the only dog food specially formulated to meet the changing nutritional needs of dogs over 7.

It provides your dog with highly digestible, high-quality protein. In amounts his kidneys can handle. It gives him the extra calcium he needs for his bones. Plus minerals and vitamins to help keep him healthy and happy.

Cycle 4 comes in bags of delicious nuggets or cans of tasty chunks. If your dog is over 7, start feeding him Cycle 4.



Catch & Fetch Contest: Enter your dog in the 1979 Cycle® DOG FOOD K-9 Frisbee® DISC Catch & Fetch Contest. For information contact your participating local Parks and Recreation Office.

Cycle®. Nutrition...for the life of your dog.™
DOG FOOD

© General Foods Corporation 1979





A title on the door...rates a **Bigelow** on the floor.

Whether it's a title on the door, or taking title on a house, be sure it's a Bigelow Carpet on your floor. For Residential Carpet information: send for our "Great Beginnings" Booklet. For Contract Carpet information: send for our "Proven Performers" Booklet. Bigelow-Sanford, Inc., P.O. Box 3089, Greenville, SC 29602.

A SPERRY AND HUTCHINSON COMPANY

continued from page 54

in installments. (Note that under IR rules, no more than 30 percent of th sales price can be paid in the first year. The seller, for his or her part, should b happy to go along with an installmer sale, if he or she is in a high tax bracke The installment sale spreads the gain o the sale and hence the taxes over a nun ber of years.

Shopping tips for mortgage hunters

1. Finding the lending institutions tha offer the best mortgages is the key. As local real-estate brokers as well as recei house buyers where they got their mor gages.

2. Look for a sale. What you're buyin in a mortgage is simply money. An that's like any other commodity— sometimes goes on "sale." For exampl if a new bank or bank branch opens u it may well offer mortgages at very a tractive rates to drum up business.

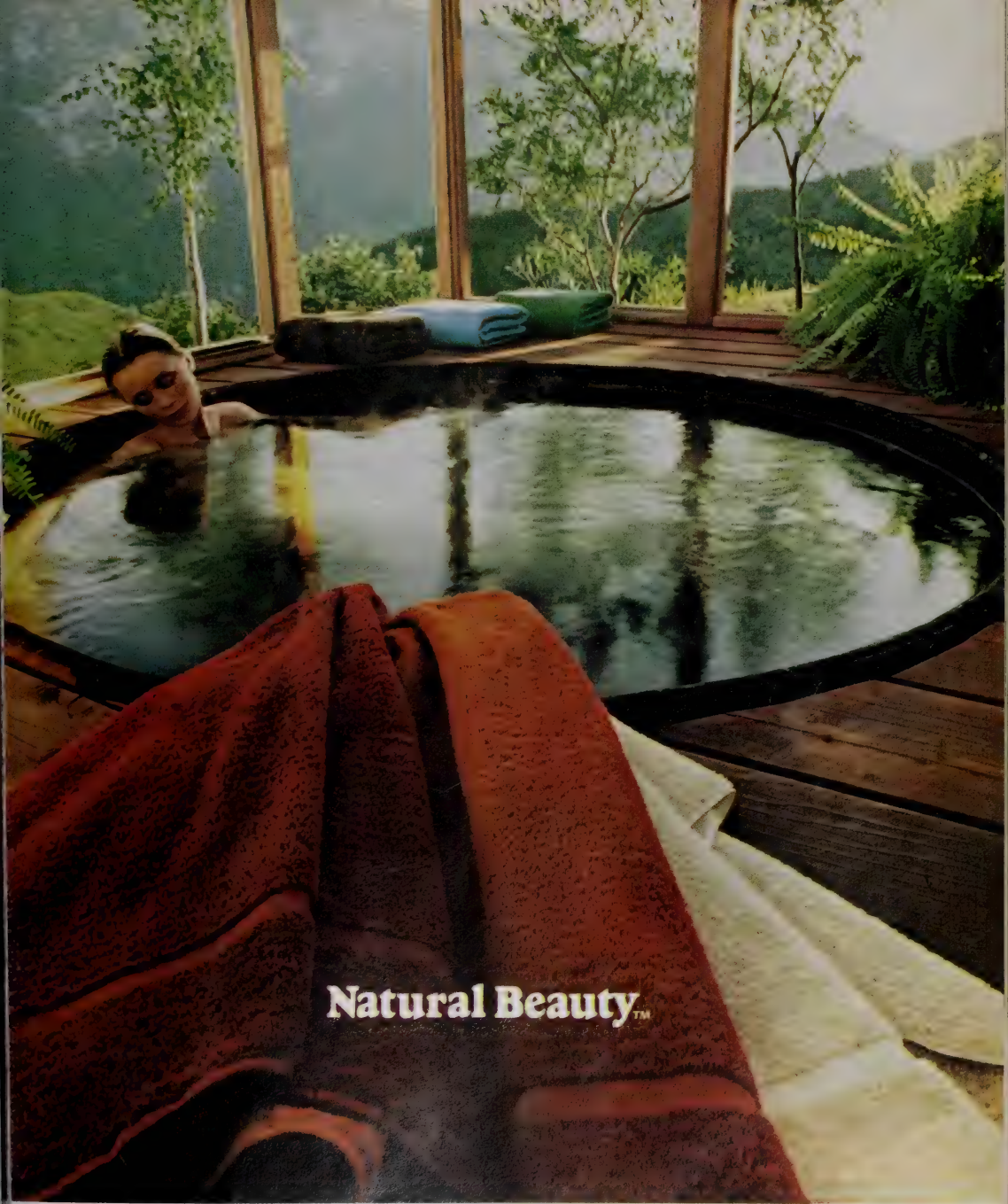
3. Try to find a mortgage that won penalize you if you prepay it after, say 3 to 5 years. If you can't prepay th mortgage without penalty until 5 or 1 years pass, you will, in effect, be locke into the deal, and you won't be able t refinance the mortgage at better term when interest rates fall.

4. Boost your chances of getting a goo mortgage by making it as easy as po sible for the bankers to see. Prepare strong financial statement on yourse and your spouse. Lay out your incom (joint, if your spouse works), list you assets and what they total, and accoun for your liabilities. The idea is to prov that you know what you are doing an that you are a good credit risk who ca easily afford to pay off the mortgag you're asking.

5. Shop for the lowest interest rate yo can get. While a difference of ½ of percent may not seem like much, it ca add up to thousands of dollars over th course of the mortgage's life.

6. Also shoot for the lowest down pa ment you can possibly get. After all, wh tie up money in your house when could be working for you elsewhere? small down payment may mean a slight higher interest rate, but keep in mir that the interest on a mortgage is ta deductible.

7. The longer the mortgage, the be ter. While long mortgages cost more i total interest costs than do shorter mor gages, chances are that you will not liv in the house for the full length of th agreement, so the higher costs will n really affect you. Moreover, long mor gages have lower monthly payments tha do short ones. The difference in mor gage payments could be invested profi ably. Dollars you repay down the roa will be cheaper, thanks to inflation. ■



The Royal Classic Towel. 100% cotton in a glorious rainbow of colors. Another Natural Beauty from Royal Family.

Royal Family by Cannon®

Cannon Mills, Inc., 1271 Ave. of the Americas, N.Y., N.Y. 10020.



Reach out. Reach out and touch someone.

He's really proud of himself. Lost a tooth right up front and cashed in with the tooth fairy. Fifty cents' worth. Now to talk to his cross-country friend and fill him in on the news. But it seems that his buddy is a veteran of the tooth fairy game himself!
Share your life with faraway family and friends. They'll be thrilled to hear from you. Reach out and touch someone. Give 'em a call.

Bell System

THERE'S ROOM FOR IMPROVEMENT

Whatever the style, location or condition of a house . . . if it's lived in, there's always room for improvement. Families change. Interests develop. Hobbies spread out. And, more and more, homes across the nation are becoming the favorite restaurants, the favorite spas, the favorite vacation resorts of the people who live in them.

May—Home Improvement Month—is the ideal time to adjust your home to needed changes . . . to improve it with quality products made by manufacturer members of the National Home Improvement Council whose company names are listed below. If your jobs are major, contact a contractor Council member in your community; he'll see that your jobs are done right. And for super home improvement ideas, read this issue of House & Garden very carefully. It's full of them.

Better Your Living NHIC
National Home Improvement Council

American Olean Tile Company
American-Standard
Andersen Corporation
Arrow Fastener Co., Inc.
Bird & Son, Inc.
Samuel Cabot Inc.
Champion Building Products
DAP, Inc.
Eljer Plumbingware
GAF Corporation
Gibson Appliance Corporation
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Tile Council of America
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True Temper Hardware
Velux-America Inc.
Whirlpool Corporation

A cooktop that never gets hot and other household miracles

BY LORNA CAINE

If you are planning a new kitchen or are updating one, here's a roundup of the latest equipment you can buy

What's happening with larger appliances in most cases is not how they look but how they work. A quiet revolution brought about by a tiny domino-shaped chip called a microprocessor takes its cue from you, remembering when and how to cook your food, clean your clothes, and wash your dishes. A microprocessor actually is a tiny portion of a computer—by itself it's often called a "mini-computer." It can remember to perform complex tasks which would have been unthinkable 10 years ago.

Cool cooking with magnetic induction: cooktops and ranges—how they work and who makes them

Microprocessors play an important role in the newest way of cooking, known as magnetic induction, where heat actually starts in the cooking pot from magnetically transferred energy. The cooktop itself never heats up. Until the pan is in place, heat cannot be conducted, making it super-safe. If you forget to turn it off, after 20 seconds the sensor realizes that the pan has gone and automatically shuts off. Let a pan boil dry? The system will again automatically shut off. Only ferrous cookware, which is magnetic, such as stainless steel, cast iron, or ceramic-coated steel, may be used. According to one manufacturer, Roper, the initial heat-up is as fast as gas, but without the flame, and as much as 18 percent faster than conventional electric cooking. As the top stays cool, spilled foods will not bake on, thus keeping clean-up to a minimum. Just wipe over with a little soap and water.

Induction cooking was first introduced by Fasar Systems, which makes its cooktop two ways: As a complete unit with a smooth white glass top, measuring 36 3/16 by 22 inches, incorporating an indicator panel, or as four separate ceramic tiles, which have their own control panel and can be set into any countertop and in any design. About $1,150* for the smooth glass cooktop and $1,995 for the four tiles. For information on dealers, write Fasar at 2801 Burton Ave., Burbank, Calif. 91504.

Chambers's contribution to induction cooking is a smooth, 4-spot cooktop called "Magnawave."

Panasonic's "The Surface" is portable and can be toted to the patio, terrace, and your kitchen where it sits on top of the counter. Rectangular in shape, controls are at the front. You can use the entire surface for cooking, a 10-inch skillet is the largest size suggested.

Magnetic induction ranges with electrical self-cleaning ovens, as well as cooktops, will soon be available from Roper, which is presently field-testing. Their distribution is expected after June.

Convection cooking: It's all hot air!

Convection ovens cook food quickly and evenly at lower temperatures by continuously circulating air around the oven, cooking all the food surfaces evenly at the same time. You can cook meats straight from the freezer in about the same time required by thawed meats cooked in a conventional oven. And what's more, you don't need special cookware. Your tried and true cooking pots will do just as well.

Until now, convection ovens have been available in ranges and as portable countertop models. Now Jenn-Air has brought convection cooking to built-in ovens. Its new "Selective Use" oven can be changed with a flip of a switch from conventional electric cooking to convection. It is also available in a drop in free-standing range.

Microwave ovens: The machines that think for you

Plan your day, then program your meal and the memories will defrost the food, start cooking, put the food on a holding temperature, and finish the cooking. Apart from a smooth control panel, outwardly very little has changed. Inside, however, all is humming.

By inserting a card into a slot and touching the start pad, Sharp Electronic's new microwave oven will cook you a full course meal for 8, or scrambled eggs for two. The oven "reads" each magnetic card which depicts in full color the food to be cooked. A range of weights, servings, and portions are listed on the reverse side of the card. The card slot is positioned near the top of the control panel—as easy as mailing a letter. Through research, the cards are based on a range of 10 to 25 most frequently repeated foods. During the cooking process, lettered signals indicate when to stir, add, or turn over. If the amount you wish to cook is less than stated on the card, don't worry. You have several choices. Simply insert the card, touch the appropriate pad for quantity, and then the cook pad. In addition to the 20 cards, Sharp has provided 10 blanks for all your family favorites.

At Litton, the 500 Series has been redesigned so that a whole meal can be cooked in the 1.51 cubic-foot oven. When programming for a complete meal, all roasts and meal casseroles are placed on top of a metal rack. Less dense foods such as vegetables, puddings, and breads are placed underneath. "Meal-in-One" model #520 costs $530, sophisticated #560 with electronic touch controls and four memories, $630.

Magic Chef's microwave oven also measures 1.51 cubic feet and is available combined with an electric or a gas range. With four memories; a Delay Start tells the oven up to 12 hours ahead what time dinner should be ready, and a Slow Cook cycle, which cooks food at low temperatures for up to 12 hours, the "Common Sense" microwave costs $649. Combined with the pilotless ignition gas model or the self-cleaning electric model, the price is about $1,100.

General Electric's "Spacemaker" mi-

Continued on page 116

**Prices have been quoted where available. If not, please check with your local dealer. All prices approximate.*

Pattern shown: Carnegie.

"Now there's a beautiful GAF floor designed for an active family."



"I'm Cori Martin, Interior Designer. And I know if a floor can stand up to heavy use, then the room will maintain its good looks. That's why GAF introduces GAFSTAR© sheet vinyl with SVS."

SVS—Super Vinyl Surface—for the beautiful, yet exceptionally durable floor.

GAFSTAR sheet vinyl with SVS resists some of the most difficult everyday stains. The no-wax,* high-gloss finish is easy to maintain. And SVS takes on the toughest treatment and still looks like new.

Ask your flooring dealer about SVS in the new GAFSTAR 6700 series. It's the beautiful floor that can stand up to your active family.

GAF® **GAFSTAR®**

Sheet Vinyl Flooring

For a free full-color booklet, or the name of your nearby flooring dealer, call toll-free anytime, 800-243-6000 (except Hawaii and Alaska). In Connecticut, 1-800-882-6500. Or write GAF Floor Products, Dept **HG59** Box 1121, Radio City Station, N.Y. 10019

*If necessary, gloss can be restored in heavy traffic areas by application of GAF® Floor Finish.

From start to finish, a good remodeling job needs a good contractor.





Pick an NHIC member– and be sure.

When you're starting a remodeling job, the last thing you want to worry about is the quality of the work.

Choose a contractor who is a member of the National Home Improvement Council, and you can be sure you'll be getting workmanship of the highest quality. And you'll get a lot more, too. Because every NHIC member is pledged to a Code of Ethics, for your protection. And with their years of experience and knowledge, they can help you get the most value from your remodeling budget.

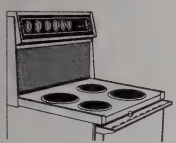
Send for our free booklet "How to Start Your Home Improvement Project with the Help of a Reliable Contractor." It's full of good tips and thoughtful suggestions. Send a stamped self-addressed envelope to:
National Home Improvement Council
11 East 44th St.
New York,
New York 10017

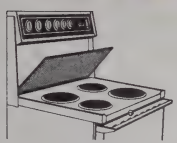
MEMBER
Better Your Living NHIC
National Home Improvement Council

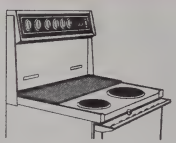


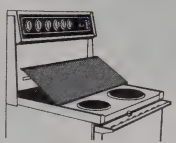
How we topped a great range.

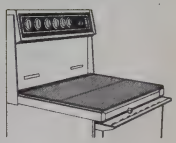












We've always been proud of our ranges. But at Whirlpool, we're always looking for ways to make our products even better.

Hence this convenient Whirlpool Cook'N Counter™ range. We've covered the burners with a counter top made of tempered black glass that resists heat, scratches and breaks. It not only gives you extra counter space, but it gives your kitchen a beautiful clean look. When you're cooking, it folds up conveniently out of your way.

We've also designed this range with a self-cleaning oven. Just set the controls. A special high-heat oven cycle reduces most stubborn splatters to a light ash which is easily removed.

We've also improved the oven door heat seal design. We added a custom control panel with easy-to-clean recessed dials. And a Mealtimer™ clock.

Then of course, we back every Whirlpool range with customer services that are designed to keep you satisfied for years to come.

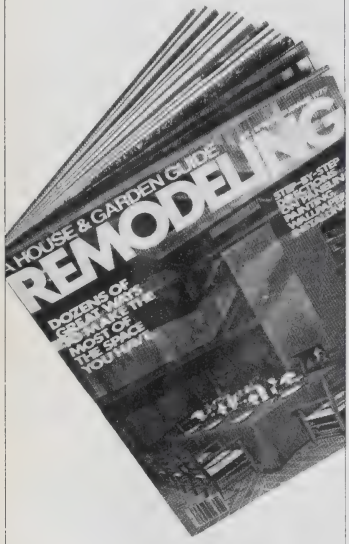
We do all of this because we think you deserve the best from Whirlpool.

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Home Appliances

Quality. Our way of life.

improve!

Fix-up, clean-up, add on, update. Whatever your priorities for improving home, you'll find the help you need in REMODELING: A House & Garden Guide. Over 100 pages of wonderful ideas for city and country houses plus diaries of projects in progress offer inspiration, options for your own makeovers. Look for the new Spring/Summer edition at your favorite newsstand April 10th. Or write for it now at the address below.



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If your dealer's sold out, send a check or money order for $2.75 (includes postage and handling) payable to REMODELING: A House & Garden Guide to the following address:

House & Garden, Dept. R-G '79
P.O. Box 1910 Grand Central Station, New York, N.Y. 10017

Household miracles

continued from page 112

crowave oven does just that—tucked above your electric range it neatly fits the space normally taken up by a range hood. Or suspended from cabinets, it provides flexible cooking when partnered with a cooktop on a pass-through or peninsula. With a built-in exhaust vent and cooktop light for the range below, the "Spacemaker" offers three cooking power levels, a two-speed timer up to 35 minutes, plus a temperature probe.

Wall ovens: The news is combinations

Whether helping you to cook two ways or five, wall ovens are now designed to cook fast and well, in a variety of combinations incorporating microwave energy.

Cook five ways with Thermador's Micro-Thermal wall oven "Thermatronic II". Two ovens, sharing the same controls but functioning independently, have at the top, a self-cleaning microwave plus an electric oven. The lower oven is a large, self-cleaning electric oven. So you can cook with microwave, conventional, microwave and conventional combined, broiling and microwave broiling. About $2,200.

Modern Maid's microwave oven is teamed with its Slo/Cook self-cleaning electric oven. Cook all day using the energy-saving Slo/Cook method, or use convenient, fast microwave. About $1,095 from Modern Maid dealers.

Flexible components: Arrange your kitchen as you like it

Just as you prefer to arrange your stereo components to suit your listening pleasure, cooktop modules give you flexibility in arranging your cooking needs.

On a counter, an island, pass-through, or peninsula, Thermador's Retro-Vent eliminates the need for a hood over the countertop. At the rear, a Lateral Flow Ventilator remains invisible until needed. Press a button and the vent raises and stays in position. Press again, and the vent lowers smoothly to its base. Filters lift out easily for cleaning. Four coil electric elements, a recessed griddle, and grill which lift up when needed, are part of the cooktop.

Roper's "Arrangeables" cook center consists of a ceramic smooth top, two coil elements, a nonstick griddle, a grill, a powered rotisserie, and a hardwood cutting board. In two different lengths, the 36-inch accommodates two modules at a time, the 46-inch, three. All can be changed quickly and easily by just sliding a thumb or finger under a slot and lifting out. Specially designed hoods are also offered.

Whirlpool's 46-inch cooktop accommodates three modules and comes equipped with two electric coil modules, a low-energy 4-inch element for small pans and an 8-inch element for large pans. Two 6-inch elements are provided by another module. Their 33-inch-wide cooktop has the same three modules, but only two can be in place at the same time. In addition, Whirlpool offers two optional modules, a Teflon-coated griddle, and a hardwood cutting board, plus a rotisserie which can be used with the grill. There are hoods to match.

Gibson's cooktop consists of two permanently situated electric coils, plus one convertible module that will accept a rotisserie, a steak grill, a griddle, a cutting board, or another electric coil module. This same cooktop is also available as part of a freestanding self-cleaning electric range with a stainless steel cooking surface.

The news from Jenn-Air: the choice of interchangeable black or white glass ceramic smooth top cooking units, or coil electric burners for heavier cooking, such as canning. Additional modules convert into a twin-grill, rotisseries, shishkabob, griddle, or French fryer.

Three of the burners on Amana's 3+1 white glass ceramic smooth top cooktops —and ranges—have thermostatically controlled heating units, which automatically keep food cooking at the right temperature. Use flat-bottomed cooking pans on these, preferably Corning's Cookmates. The fourth burner is a conventional burner on which you can use any cooking pot. From Amana dealers.

Sears 30-inch modular Counter Units feature a permanent grill teamed with a 2-electric coil module or a 2-burner smooth-top module. In addition, there is a Teflon-coated griddle, a butcher-block cutting board, and a rotisserie, which drops right over the grill module.

Single and double-decker ranges: High-speed ovens

Combining high-speed microwave energy cooking with the advantages of conventional baking and broiling, whether housed in one unit or in tandem, makes it possible for you to prepare three or more dishes at the same time and in a fraction of the time. Or you can start off cooking your food in the fast-acting microwave oven and then transfer to the conventional oven to continue cooking. Here are the latest models to join the home front.

Caloric's new Microwave/Range is a full-size oven combining high-speed microwave energy with conventional heat. A MicroRing sits at the bottom of the oven, eliminating the chore of rotating food during microwave cooking. Conventional and ceramic oven racks fit into five positions. About $950 from Caloric dealers.

Tappan combines the features of a

Continued on page 120

INSPIRATIONS

Form and function unite in a distinctive line of luxury bathroom fixtures and fittings to inspire new dimensions for personal expression in bathroom design.

Called The Gallery Collection by Eljer, each piece is, like the examples shown, an exceptional sculpture combining classic form and stunning simplicity. In appealing colors like new Eljer Cocoa, they create an almost limitless versatility in bathroom style and decor.

A COLLECTION OF INSPIRING BATHROOM DESIGNS

To stimulate new ideas for truly unique and imaginative bathrooms, Eljer has prepared a series of dramatic, innovative bathroom designs, commissioned expressly for The Gallery Collection, in a colorful new booklet entitled "Inspirations."

For your personal copy, send two dollars to: "Inspirations," Eljer, Wallace Murray Corporation, Dept. HG Three Gateway Center, Pittsburgh, Pa. 15222.

THE GALLERY COLLECTION BY ELJER



ELJER

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New Primitive Encore. It looks like we created it one beautiful tile at a time.

Years ago, everything was created one of a kind. Because everything was created by hand.

Today, we've recaptured this look in new Primitive Encore™ ceramic tile. Where each tile has its own special shading. It's a look that vinyl and carpeting can't even approach.

Primitive Encore makes a grand entrance foyer, or it can be used for other floors, walls or counter tops. It's resistant to scratching and wear and has superior slip resistance. And it cleans with just soap and water.

See all the Encore colors, sizes and harmonizing grouts at American Olean Color Center. (Check the Yellow Pages.) For a package of colorful tile brochures, send $1.00 to American Olean Tile Company, 2892 Cannon Avenue, Lansdale, Pa. 19446.

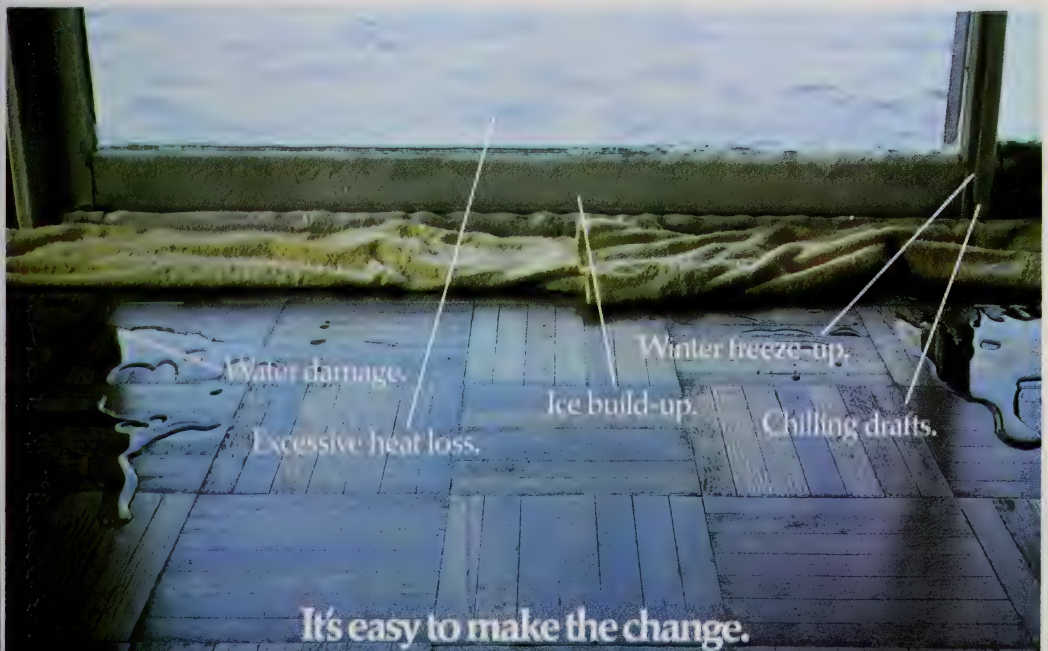
American Olean Tile

A National Gypsum Company

Foyer Floor: 8" × 8" with 8" × 4" border, 802 Wheat Primitive 1037.

American Olean is Ceramic Tile

Andersen presents a new gliding door to replace an old problem.



It's easy to make the change.

Your sliding door problems have been answered.

Now there's a new Andersen® Perma-Shield® gliding door especially designed to replace worn out, leaky, drafty sliding doors. And the problems that go with them.

This new Andersen gliding door is built two times more weathertight than minimum industry air-infiltration standards to help seal out winter's icy blasts. And help save energy.

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And the glass is double-pane safety insulating glass to help insulate against winter cold and excessive heat loss.



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Box 12, Bayport, MN 55003
Please send me more information.
I want to replace my sliding door now.

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But the best part is that this new Andersen gliding door is specially sized so that it fits right into the same wall openings as most six-foot wide metal sliding doors. In most cases without need for structural changes, reframing or residing. Complete the entire job in just hours.

You can't get rid of winter. But now it's easy to get rid of the cold brought in by a leaky, drafty sliding door.

Call your Andersen dealer. He's in the Yellow Pages under "Windows."

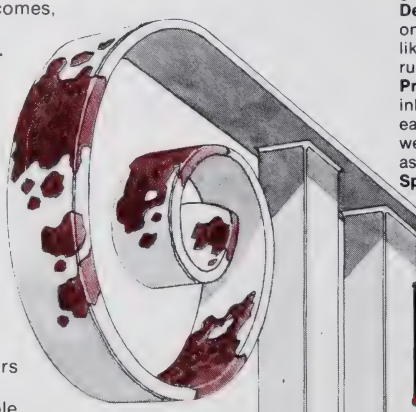
The Beautiful Way to Save Fuel

Andersen Windowalls

You'll have to take care of rust now or later...

and when that time comes, you'll want **Derusto Minute Finish Spray.** Derusto puts a special rust-inhibitive primer in the color. That means each application primes, beautifies and gives extra protection against corrosion. You can use it to renew rusted lawn furniture, wrought iron and mowers. It dries quickly to an attractive high gloss, and there are 17 colors plus white to choose from. It's also available for brush-on application.





Derusto makes other special paints for your needs. To prime and protect gutters and downspouts, apply **Derusto Galv-A-Grip**™. It covers in one coat. And it won't crack or peel like ordinary paint. To prevent or stop rust on metal surfaces, use **Derusto Protective Coating.** The built-in, rust-inhibiting primer lets you protect with each semi-gloss coat. To renew rusty, weathered barbeque grills and hoods, ask for **Derusto Barbeque Black Spray.** A special heat-resistant paint, it dries quickly to a black matte finish.



and when you do... all you gotta know is

DAP Derusto

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DAP Inc., General Offices: Dayton, Ohio 45401/Subsidiary of Plough, Inc.

Household miracles
continued from page 116

full-size microwave oven, which includes automatic temperature probe and selector control, with a self-cleaning convection gas oven using energy-saving fan-circulated heat. About $1,200.

Harowick's three-level memory microwave oven is combined with a pilotless ignition gas range. Also available in combination with an electric range, it costs about $1,300.

Frigidaire's combination range Twin 30, features a microwave oven with a wide variety of power settings partnered with a self-cleaning electric oven. It's about $1,490 at Frigidaire dealers.

Dacor's range, which it calls the "Better Cooking Center for Better Living," has a self-cleaning oven topped by two replaceable two-burner modules. Each lifts out easily and can be exchanged with a barbecue grill, rotisserie, or griddle.

On Whirlpool's new ranges, a "Cook'N Counter" in black tempered glass folds out to cover the half or the whole of the burners. Safety switches prevent the burners from working when the top is in use. To store, fold into the range's recessed backguard.

New energy-saving dishwashers: They've got s-s-s-steam heat!

The top priority here is energy conservation by utilizing air, whether applied as steam to clean, or fan-circulated to dry. Steam, it seems, is more effective at cleaning than water, because it can reach places water cannot. Steam can get between dried-on food and the dish, removing the debris. Drying by convection means air enters under the dishwasher door and moves, in some models, over a heated element, up through the dishes and out through a vent at the top.

Cleaning with steam is big news at Thermador/Waste King. Called the "Steam Machine," the dishwasher has a stainless steel interior, dual wash arms, interchangeable baskets for load sizes. Convection heat dries the dishes. A delay start timer can turn on the machine 9 hours and 50 minutes after loading. Perfect to use when energy loads are lowest, as in the middle of the night.

General Electric's Potscrubber III dishwashers have a newly designed wash arm that accurately directs water, so that all your dishes are reached. Dishes are dried by convection heat and a Permatuf interior prevents chipping and rusting. Prices range between $400 and $500.

Maytag's newest Jetclean dishwashers use 20 percent less hot water on regular cycle. "Energy Saver" fan-dries the dishes. "Powerdry" combines fan drying with heat. Water is metered rather than timed for more accurate consumption minimizing water use. So for a small load, only a minimum of water is used.

An Energy Saving Button on KitchenAid's dishwashers, when selected with any wash cycle, will eliminate heat during the drying cycle. Less water is used and energy needed is reduced by half.

Refrigerators and freezers: Saving energy by keeping their cool

The rugged flexibility and overall performance of commercial refrigerators are now available, for the first time, to the home consumer. Bottom-mounted freezer/refrigerators are also making a comeback.

Available in various sizes and combinations, even including hot food cabinets, Hobart's commercial refrigerator can be purchased singly, doubly, or in triplicate. However, the single section comes with a bottom-mounted freezer only. Doors can be full or half-sections, with or without glass, stainless steel, or vinyl-clad steel. Adjustable wire shelves are included, but you may purchase different types of food trays to fit the cab-

Continued on page 134

"HOW TO WIN AN EASY-LIVING FLOOR,"

reports Ed McMahon, Mannington spokesman.

Mannington is giving away 120 beautiful easy-living floors valued up to $300 each.*

And you can be a big winner. To be eligible just visit a participating Mannington dealer, fill out an official entry blank, and deposit it in the "Win a Free Floor" Entry Box between April 15 and June 15, 1979.

Mannington — with exclusive JT88® wear layer. No need for waxing, stripping, or special redressing. Easy to keep clean and shining for years to come.

Just ask the McMahon who owns one.

You don't have to buy a thing. Just fill out the official entry blank at participating Mannington dealers.

Winning entrants who have purchased a Mannington Floor during the period April 15th-June 15th, 1979 will be reimbursed for their purchase up to $300.

* (Maximum of 20 sq. yds. of any Mannington product, *not* including installation.)

Void in Utah, Howard County, Md., and where prohibited by law. Residents of Ohio ONLY may receive an entry form and details by sending a self-addressed stamped envelope to Mannington, P.O. Box 9242, Blair, NE 68009. Request must be received by 5/21/79.



This is Aristocon Winchester (pattern 4077). Consult your Yellow Pages or write to us. We'll send you a free mini-sample, dealer list, and color brochure.

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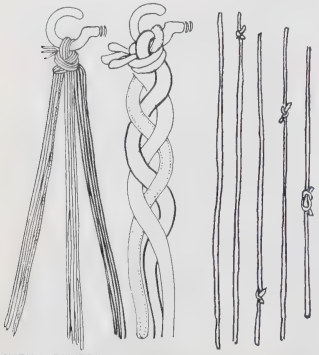
IT'S A MANNINGTON.

HOW-TO
make the braid, twisted cording, and tassels

(pages 150 to 155)

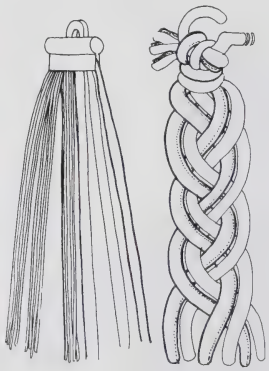
The braid

Method for 3-color braid (used for walls, curtains, and tablecover): Make 8-foot-long lengths, each with 12-16 strands, of each color.



SHEILA CAMERA

● Knot them together at one end, hang from the wall hook, and begin braiding. When you get near the end of the yarn and you want a longer braid, use a square knot to tie lengths of yarn onto each individual strand, matching colors (you can make one braid as long as you want). Be sure to place the knots at varying intervals to keep them inconspicuous.



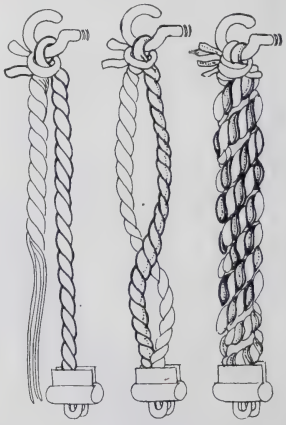
● If you want to make a thicker braid, use more than 12-16 strands in each bundle. For 4-color braid, divide the extra color equally among the three braiding lengths.

The twisted cording

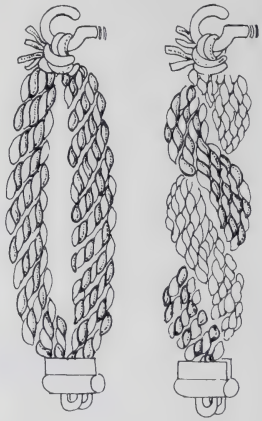
Materials: Four colors of 4-ply wool yarn (4 ounces for every 8 yards of braid or cording); wall hook; metal clamp.

Method for 4-color twisted cording (used on slipcovers): Of each yarn color, make 8-foot-long lengths, each with 12-16 strands.

● Taking each length separately, knot one end, hang on a wall hook, and twist tightly clockwise (twist tighter than you want the final cord, because it will loosen up with each step). Clamp loose end.



● Tie two of the twisted cords together at knotted end and hang on wall hook. Twist tightly counterclockwise, clamp. Repeat using the other two colors, twisting counterclockwise. (With each step the cord is twisted in the opposite direction from the previous step.)



● Tie the two cords together at both ends. Hang on the wall hook and allow them to unwind into one another clockwise. Clamp. If you want a thicker cord, hang one end of the 4-color cord on wall hook. Hold other end taut away from wall, grasp yarn in middle. Bring two ends together at wall. Let go of yarn at the away from wall; slowly let the four cords unwind counterclockwise.

Continued on page 130



Long Island Home; architect; Jay Lockett Sears, Quogue, Long Island; Cabot's Bleaching oil for the "weathered" look

Wood and Cabot's Stains...made for each other



Cabot's STAINS

The architect, in specifying a finish for this home, sought beauty and more...a finish that would stand up to summer sun and winter cold, that would require minimum maintenance while protecting the wood for a long, trouble-free life. His choice: Cabot's Stains.

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The Design House of the Year, created by House Beautiful and the American Wood Council, features Tru-Test Paints throughout. In the bedroom shown here, Tru-Test E-Z Kare provides a luxurious flat latex finish that will wash and wear like a hard enamel. Tru-Test Marvelustre Semi-Gloss Latex gives a bright, light-reflecting surface to kitchen, bath and family area walls. Other Tru-Test Paints protect exterior masonry from desert wind and weather, seal and finish interior wood, set a mood of gracious comfort in the living room. For beautiful, durable finishes inside and out, the Design House team selected Tru-Test Paints. When you build with the best, paint with Tru-Test.

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HOWMET
Skylight Patio Covers

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2. In severe climates, add up to a foot (R-38) of Fiberglas* insulation.



3. Insulate all exterior walls. Also, floors above garages, crawl spaces.



4. Now house is in the pink—with Owens-Corning Fiberglas insulatic

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The pictures above show *where* the insulation goes.

To decide *how much* you need in each place, check with your Owens-Corning dealer or contractor. He has our guidelines on insulation "R-values" (insulating power) for your part of the country.

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You won't go wrong if you put your house in the *pink* with Owens Corning Fiberglas insulation, America's leading brand.



Do it soon. The cost to insulate an average attic (30'x 45') is only a few hundred dollars—and you'll get a bit of a tax break, too. Then just sit back and watch the savings add up, year after year after year.

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No need to expand sideways. You will be glad you expanded upwards when you discover just how beautiful a Velux Living Attic® can be.

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In a day when many products are very much alike, there are still big differences among roof windows. You should know them. Velux roof windows have:

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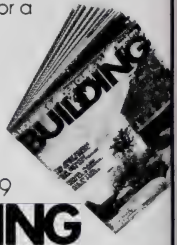
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SUMMER 1979

BUILDING

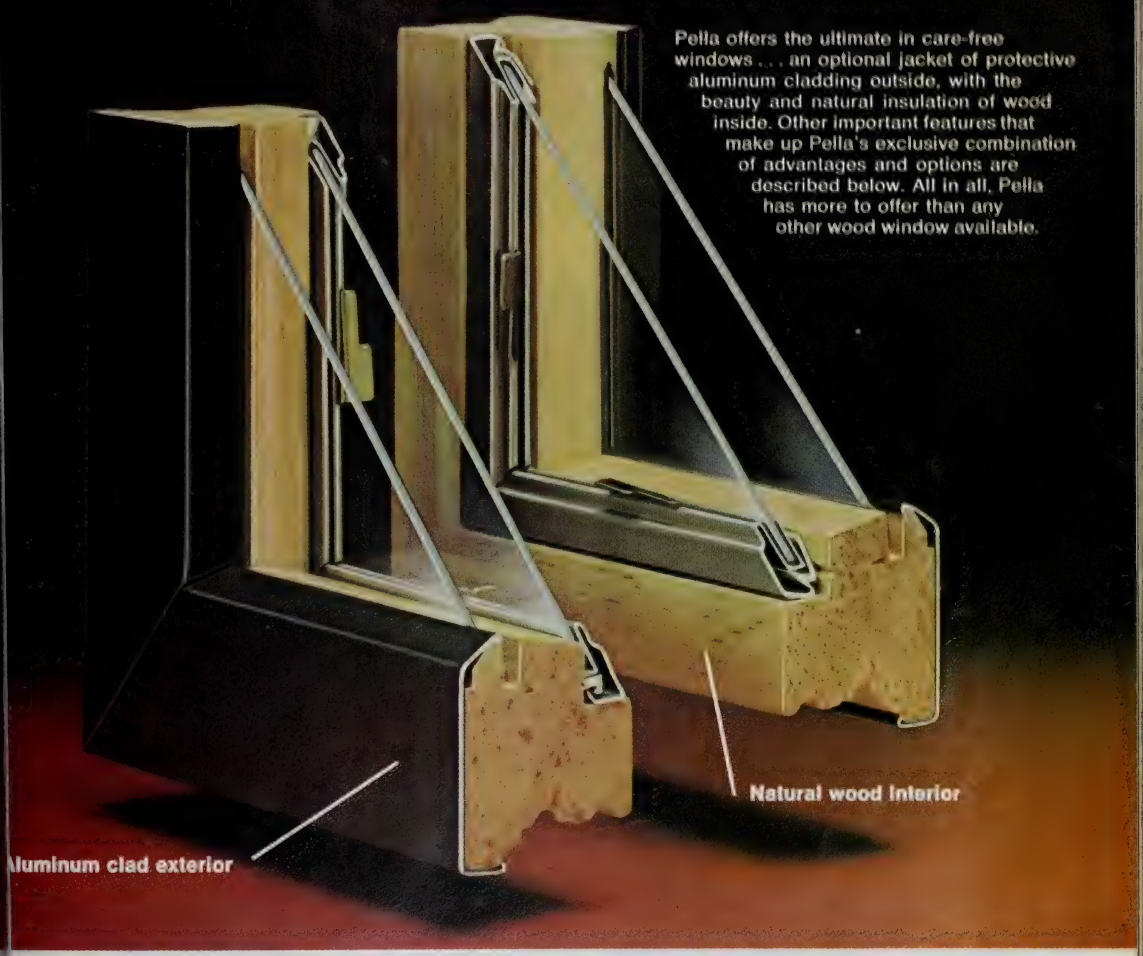
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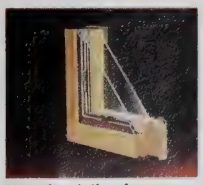
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Pella offers the ultimate in care-free windows . . . an optional jacket of protective aluminum cladding outside, with the beauty and natural insulation of wood inside. Other important features that make up Pella's exclusive combination of advantages and options are described below. All in all, Pella has more to offer than any other wood window available.



o easy to wash. Thanks to ella's unique hinging sys- m, the sash pivots straight it and moves toward the enter of the frame provid- g plenty of room to clean tside glass from inside e room.



More insulation for energy economy. Pella's Double Glass Insulation System, with its full 13/16" air space between panes, actually outperforms ordinary welded insulating glass.



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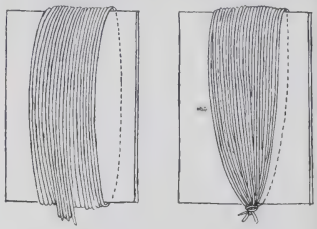
Hobart Corporation, Troy, Ohio 45374

continued from page 122

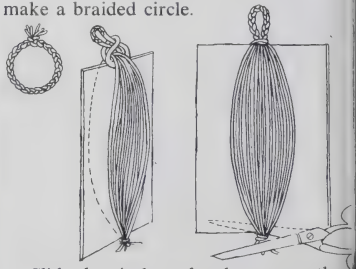
The magic tassel

Materials: 4-ply wool yarn in as many colors as you want (figure about 6 ounces of yarn per tassel); a piece of cardboard 6-8 inches wide and about a foot long; scissors.

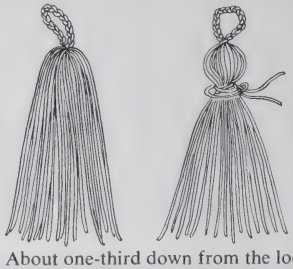
Method: Wrap the yarn around the cardboard lengthwise so that the loose ends are at the bottom. Tie to secure ends.



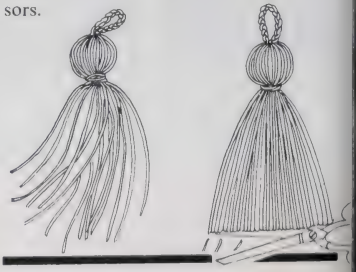
- Braid 12 strands of yarn until braid is 6 inches long. Knot ends together to make a braided circle.



- Slide the circle under the yarn at the top of the cardboard, and pull one side of the circle over the yarn and through its other side to make a loop.
- Cut the yarn at the bottom of the cardboard and remove. Cut off the little tie that temporarily held ends in place.



- About one-third down from the loop, wrap one strand of yarn around all the yarn to make the tassel head. Tie.
- Shake the tassel gently to free all the strands. Even up the bottom with scissors.



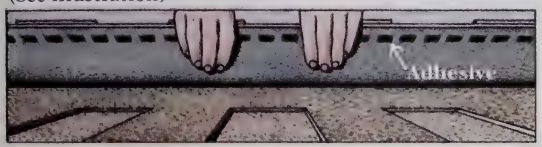
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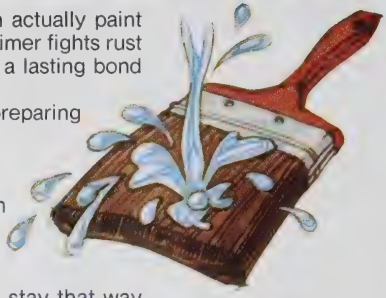


Goes on easy and dries to the touch in 15 minutes.

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Soap-and-water clean up means you get through fast.



Do it fast. Make it last.

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HOW-TO

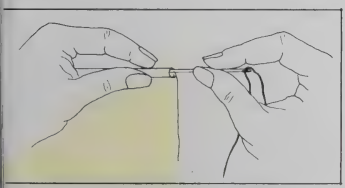
sew by hand the French way

techniques for making the pillow confections on pages 188-189

French hand sewing is a method of joining fine materials with tiny even stitches of waxed cotton thread. Raw edges are rolled and whipstitched, and often trimmed with lace or decorative entredeux. French hand sewing is finer, and usually stronger, than machine work. Here's the proof: It lasts for generations.

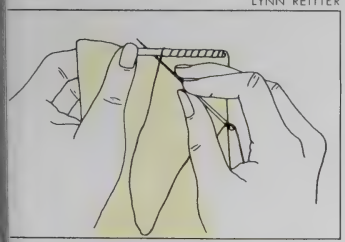
How to roll and whipstitch

Rolling and whipstitching finishes all raw edges of the pillow, and prepares them for trim.

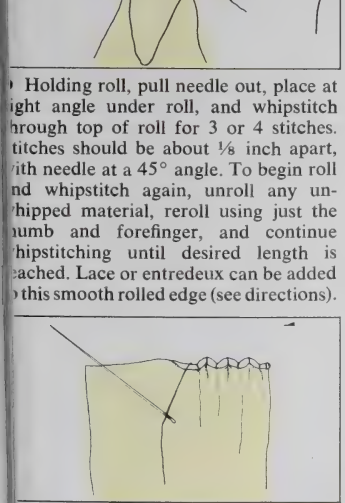


• Hold threaded needle horizontally at he top right corner of the fabric. Grasp abric and needle with the left hand and oll both downward until a complete roll s made.

LYNN REITTER



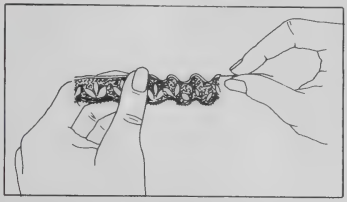
• Holding roll, pull needle out, place at ight angle under roll, and whipstitch hrough top of roll for 3 or 4 stitches. titches should be about ⅛ inch apart, ith needle at a 45° angle. To begin roll nd whipstitch again, unroll any unhipped material, reroll using just the umb and forefinger, and continue hipstitching until desired length is eached. Lace or entredeux can be added this smooth rolled edge (see directions).



To gather fabric with a rolled edge, ull thread taut every few stitches.

How to gather lace

Lace edging is seamed to form a circle, then gathered, to make a ruffle around the "Ribbons and Lace" pillowcase.

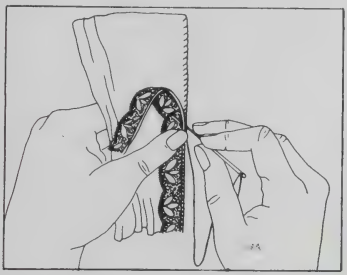


• Cut lace 1½ times the length of the edge you wish to trim. Pull one of the heavy threads at the top of the lace, and gather to desired length. Distribute gathers by hand.

Whipping lace to a rolled edge

Lace is whipped to inner and outer rolled edges of "Monogram" pillowcase.

• Lay lace over rolled edge, right sides together.

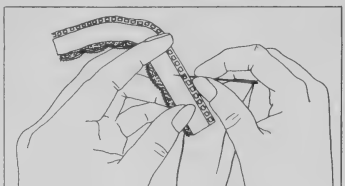


• Whipstitch under roll and through lace, just under heavy line.
• Open, and press flat.

How to join lace and entredeux

Lace is joined to entredeux at outer edge of "Ribbons and Lace" pillowcase.

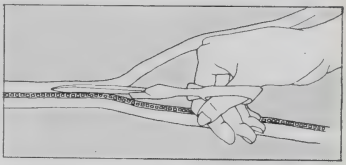
• Trim one side of the entredeux.



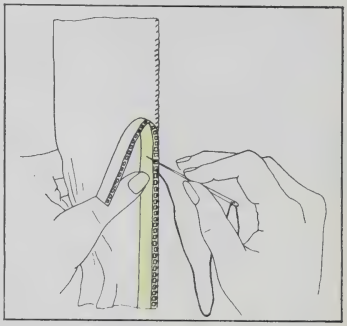
• Place entredeux lace on top of right sides together, and whipstitch through each hole of the entredeux and the large holes of the lace. (Be sure the heavy line on top of the lace is taken up.)
• Open, and press flat.

How to apply entredeux to a rolled edge

Entredeux ("between two") is a narrow openwork trimming that forms a decorative bridge between the outer rolled edge of the pillow front and the gathered ruffle. Its right side is raised and shiny. The wrong side is flat and dull.



• Trim one side of the entredeux.



• Lay entredeux on top of rolled edge, right sides together. Whipstitch under rolled edge and through each hole of the entredeux. Press entredeux away from fabric.
• Trim other side of entredeux and join to gathered ruffle in the same way.

HOW-TO

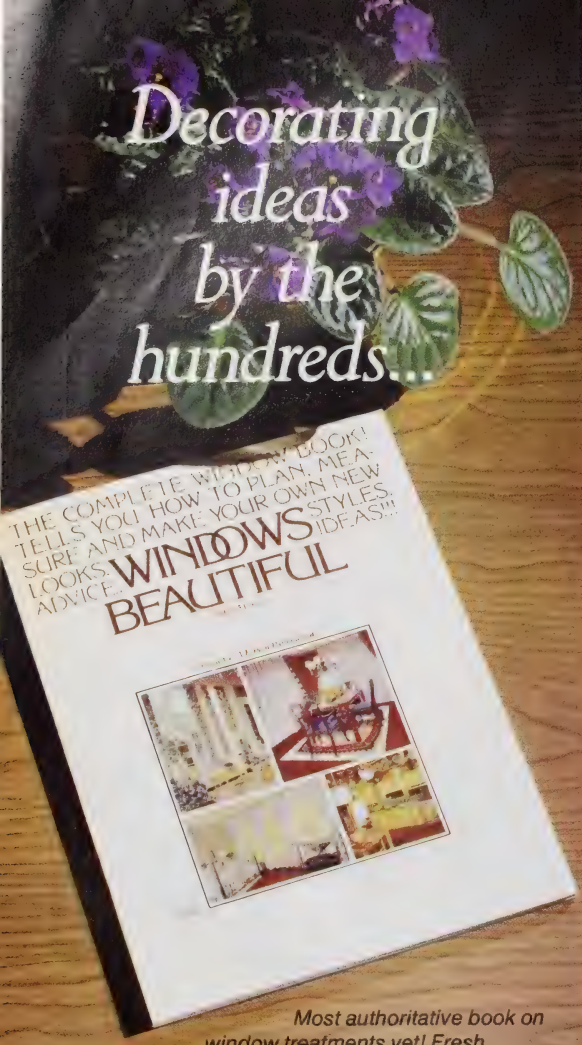
make the keyhole curtains

(pages 153 and 154)

Materials: One reversible quilt, curtain rod and bracket, thin fabric or paper, cording, tassels (see instructions, page 130), measuring tape, scissors, needle, and thread.

Method: Measure window and cut the quilt to fit, with a few inches of overlap all around it (for this window one whole quilt was used). Hem, and finish with cording if desired.

• Sew a double row of stitching 5 inches down from the top of the quilt to make a pocket for the curtain rod. Take out all stitching—edge and quilting, plus all the batting, from there up.
• Make a template for the keyhole opening on thin fabric or paper and pin onto the center of the quilt. (For this curtain, the top of the circle is 12 inches below the curtain rod pocket.) Cut out the keyhole and stitch edges closed.
• Measure around the inside of the opening for cording, plus 6 inches for each rosette. Starting at one bottom edge, sew on cording by hand. Where you want to make a rosette, loop the cord like a pretzel and stitch.



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Household miracles

continued from page 120

inets. Because the compressors on commercial refrigeration units are noisier than home refrigerators, it's advisable to locate the compressor in a remote area, such as the basement.

Whirlpool's bottom-mounted model includes an easy-access slide-out freezer basket and a black "jade" slide-out refrigerator shelf. Energy-saving "Serva-Door" lets you reach for a soft drink or the mustard without opening the entire refrigerator door.

White-Westinghouse refrigerators feature bottom-mounted freezers, glass cantilevered refrigerator shelves, special chilled-meats compartment, and a glideout freezer basket.

You can save power by clicking a small, wall-set Energy-Saving Switch in General Electric refrigerators, to Normal Power. On hot humid days or when condensation occurs on the outside of the refrigerator door, higher power is needed to maintain the internal temperature. Then you click to Extra Power.

With an eye on small families and space-saving living, Sub-Zero is producing under-the-counter refrigerators, freezers, or a combination of both. Refrigerators have the added plus of an ice-maker.

Gibson's Three-Door Foodmaster has a two-door freezer compartment. Bulkier items can be stored in the lower section and fruit juices, vegetables and ice cream can be stored in the upper space. If you prefer, you can fit an ice-maker into the smaller compartment.

Two and a half inches of foam wall insulation has been packed around the entire cabinet of Amana's energy-saving upright freezer. The door is filled with a combination of slab foam and fiberglass. Adding up to better and thicker insulation. Molded in one solid piece, the interior resists chipping, denting, as well as food stains.

Laundry equipment: New ideas that wash well

Let your fingers do the laundry with the help of our small friend the microprocesso Energy conservation focus on water: metered rather tha timed, depending on you laundry size. Cold wate washes and rinses are prom nent. Dryers match fabric with drying temperatures dry clothes with no-heat se tings.

By just a touch of you finger, Whirlpool's washe and dryer takes care of a your laundry. Here water metered and wash cycles i clude "super wash" for hea ily soiled clothes, plus an e ergy-saving cold wash. A washing cycles automatical provide a warm wash with cold rinse, if an option is n preselected. The solid sta dryer matches fabric with drying temperature. A contr sensor tells the dryer when t clothes have reached the pr selected degree of drynes and then shuts off. Washe and dryer are available in g or electric models.

Frigidaire's Elite washin machine is able to handle an size load, ranging from 1 u to 18 pounds. You match t water level to the wash loa you have. Cold water was and rinse options will also pr vide other energy-conscio features. The Elite Flowi Heat dryer features no-he settings.

Single family homes ar condominiums also compri a rapidly growing consum market. With smaller kitc ens, the demand for compa laundry equipment has b come greater than ever b fore. Here are two spac savers:

Space-Mates by Whit Westinghouse require only 2 inches of floor space wh stacked, and 54 inches wh standing side-by-side. Fro loading door gauges weig of clothes by a built-in scal Set the Water Saver Contr and water levels adjust to lo size.

Whirlpool's "Thin Twi washer and dryer measu just 30 inches wide and stac Folding back by-fold lid giv easy access to the washe Water-levels adjust to lo size. Available as a portab model, too. Dryer has thr drying cycles, fits side-by-sid taking up only 4 feet of wa space.

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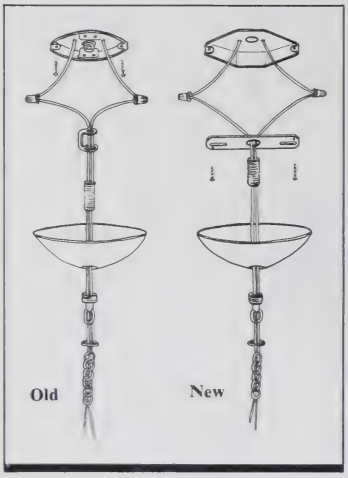
BY DEANNE RAFFEL

New ceiling lamps for old, flexible sanding blocks, paints that beat mildew, and new glamour for summer screens

Q. I would like to replace the old light fixture above my dining-room table. Is this a job for a novice?

A. It certainly can be—in fact, it is easy once you have some basic information. *Step 1. Preparation.* Turn off the electrical power—this is important—and loosen the canopy (see diagram).

Step 2. Disassembly. Locate the two flexible thin lamp-cord wires leading from the fixture (these are attached to stiff wires with electrical tape or solderless connectors), and disconnect them. Do not disconnect any other wires. Remove the fixture along with its various mounting fittings. Take note of the type



of metal box in the ceiling. If it is very old, it will be round and shallow with a threaded stud in the center. The newer type box will usually be round or octagonal with two small metal lugs that have threaded holes in them.

Step 3. Installation. Attaching the new unit will vary depending on several factors—depth of canopy, depth of the ceiling box, type of box, material used for lamp suspension (cord or chain), etc. (See diagram for examples of two ways to secure fixtures to the ceiling box.) Your new fixture should be packaged with hanging instructions. Study them carefully before attempting installation. If no directions are included in the packing, then follow the appropriate diagram. Some adjustments may be necessary—an addition or subtraction of a fitting or two. These can be purchased at a hardware store, but be sure to take all of the fittings with you when additional parts are needed. Diameter, lengths, threads, etc. differ from installation to installation.

Step 4. Reconnection. Once the fixture is suspended and the fittings are in place, attach the lamp wires to the house wires. If the wires are color coded, splice the black to black and the white to white, in the following manner: Wrap the stranded lamp wire clockwise around the stronger bare wire and then twist a solderless connector over the joint. Repeat for the second wire connection. Secure the canopy tightly against the ceiling. Screw a light bulb in the socket, turn the electricity back on, and then flip the switch.

Q. Do the new sanding blocks currently being marketed really work?

A. Yes, they do. They are made of a flexible, tough, dense plastic foam block to which an abrasive is bonded. The four sides of the rectangle are covered with two grades of abrasive—fine and medium or medium and coarse.

Of the five kinds of abrasives made, this one comes closest to silicone carbide sandpaper, though it is not quite as hard. However, the block can be used either wet or dry to give a satin-smooth finish. When the abrasive surface fills with sanding matter, tap to help loosen the clogging material, rinse in clear water, and squeeze out excess moisture; then continue working.

These blocks can be used on wood, metal, plaster, and other materials. They smooth, abrade, clean, prepare walls for painting and wallpapering, soften sharp edges and shelves, smooth outdoor furniture before resurfacing, and any other sandpapering job. They have enough rigidity to work on flat surfaces, but are flexible enough to work well in concave or convex curves.

As with any sanding, work from the coarser grade down to the finer grade to get a smooth surface. Also remember always to sand virgin wood with the grain. At $1.35 to $1.50, the new flexible sanding blocks are long lasting and neat to work with.

Continued on page 142



Bird makes solid vinyl siding for people who love the looks of wood.

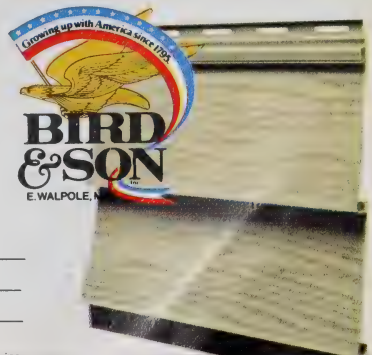
We'll be the first to admit that wood can look beautiful. It's just that taking care of it is a constant job. That's why the people who live in this house covered it with Bird solid vinyl siding.

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But unlike wood, Bird solid vinyl siding takes care of itself. The color goes all the way through, so scratches don't show the way they can on other materials. And it can't rot, blister or peel. So it never needs painting.

We make solid vinyl siding in narrow and wide widths, with smooth and textured finishes. If you'd like a free estimate, talk to your Bird Siding Dealer. He's in the Yellow Pages, and he'd be glad to hear from you.

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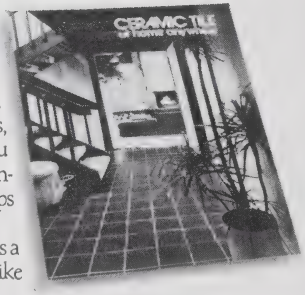
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HOUSE FIXER

continued from page 138

Q. The paint on the exterior of my house is mildewed. Is there anything that will prevent this when it is repainted?

A. Various chemicals have been formulated into mildewcides, and these ingredients are included in many paints. A mildewcide by name may not be listed in the formulation, however. Before choosing a paint, check with the technical department of the manufacturer to be sure a mildewcide is included in the coating you want to use. Mildewcides tend to be more effective in the harder, darker-colored, glossier paints, than in the softer, lighter, chalkier ones.

Mildewcides you can add yourself are readily available at a paint-supply store. Remember, though, the addition of the packaged mildewcide may lighten colors slightly—especially in latex paints—and also reduce the gloss of enamels.

A mildewcide may initially help to relieve your problem, but it will not eradicate it. Under no circumstances should you paint over the gray-black fungus. Before the paint can be applied, the mildew must first be removed. Add a quart of bleach to 3 quarts water along with ¼ cup heavy-duty detergent. Wearing goggles and rubber gloves, scrub the blighted section of the house (usually the north side and under eaves where the sun's rays do not reach). Rinse with a hose. Let dry a day before painting.

Q. The aluminum window screens on my house look very dingy. Can anything be done to make them look new again?

A. The screens are probably covered with grime and a dull gray-white film. Although aluminum does not rust, with time it will oxidize, a process that contributes to the dinginess.

Step 1: Remove the screens from the window, and scrub both sides thoroughly (including the aluminum frame and the screening material) with a plastic bristle brush dipped in a strong detergent solution.

Step 2: Hose down both sides. Let dry.

Step 3: If the screening still looks dull, use a fine brass brush (a soft suede brush will do the job) to polish it. Work horizontally and vertically—never in a circular motion or diagonally. Wipe with a soft cloth.

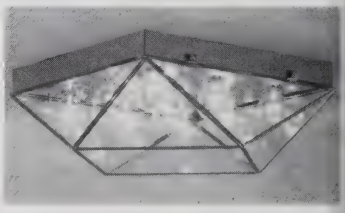
Step 4: With a painting pad, cover both sides of the screening wire with a clear, protective sealer coating which will help the screen retain its new look.

One-hand faucet

To turn on the water, you pull up the handle of the single control mixing valve. Revolve left for hot, right for cold water in a one-hand operation. The



award-winning design, Vola HV1, is available in polished chrome, brass, or 10 epoxy enamel colors. It requires no washer. List price, $129. The round wash basin, vitreous enamel on steel, in red, yellow, brown, black, or white, has a chrome finish overflow and drain. Alape EW3, list price, $135. Architectural Complements, P.O. Box 168, Lincoln, Mass. 01773.



Brass and glass

New Facet group of ceiling light fixtures, inspired by the gaslight era, has transparent, triangular glass panes with slim polished brass frames and a top reflector panel of mirror chrome. The smaller fixture, 8 inches square, 7¼ inches high, holds a single 60-watt filament bulb; the larger fixture with 9 15-watt bulbs is 13½ inches square, 5½ inches high. Both fixtures are hinged for easy lamp replacement. Lightolier, 346 Claremont Ave., Jersey City, N.J. 07305.

Mail guardian

To prevent mail robbery in the suburbs or country, this box is made with two compartments. To deposit mail for pickup, open top drawer, raise flag at side, close drawer. Mailman will collect mail from top, lower flag, then leave incoming mail, which drops to bottom drawer. You pick it up after unlocking drawer with your key. (The mailman doesn't have one.) Country Squire Mailsafe, 7½ inches wide, 20 inches long, 12 inches high, is of welded steel in white finish. $74.95. Stand and base are additional. Mail-Safe Co., 12208 Park Ave., Santa Fe Springs, Calif. 90670.



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2. "DECORATING IDEAS WITH CERAMIC TILE"—new 16-page color brochure shows ways to decorate kitchens, baths, dining areas and family rooms—suggests color coordinations, how to build or remodel with ceramic tile. American Olean Tile Company. 50¢



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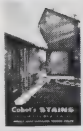
6. TRANSFORM YOUR ATTIC INTO A DREAM COME TRUE! Twenty-three page, full-color booklet from Velux-America gives you a practical and economical way to expand your living space. With Velux Roof Windows you can transform your attic into a charming living area that provides natural light by day and starry skies by night



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9. NEW HANDBOOK ON WOOD AND WOOD STAINS. A guide to stains and staining by Samuel Cabot Inc. Handsomely illustrated full-color booklet on types of stains, how to apply, color effects, etc. Samuel Cabot Inc. 25¢



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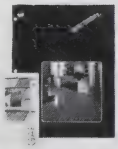
11. WINDOW AND GLIDING DOOR ANSWER BOOK. 24-page,full-color booklet answers the most-asked questions about windows and gliding doors. Contains special sections on window planning, energy and remodeling. Also includes full description and application photographs of beautiful Andersen wood and low maintenance Andersen vinyl-sheathed Perma-Shield windows and gliding doors. Andersen Corp.



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20. STAPLE GUN: THE HOMEOWNERS VERSATILE FASTENING TOOL. This illustrated booklet from Arrow Fastener Company shows how to make a variety of jobs easier—including upholstering, making new storm windows, weatherstripping, installing insulation—by using a staple gun. 25¢



21. REFRIGERATORS, FREEZERS, electric ranges, automatic washers and dryers are clearly featured in four colorful brochures from Gibson Appliance Corporation

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HOUSE & GARDEN,
MAY, 1979

Doing things for the fun of it

The room was full of laughing people dressed in overalls and jeans, a disco beat thrummed from the radio, and everyone was painting. With so many friends gathered to wield their rollers and brushes, ceiling, walls, and trim could be finished nearly at the same time. A pot of coffee was kept perpetually full, and everyone was trading good-natured criticism of one another's work. The occupant of the apartment, and beneficiary of all this congenial effort, stopped putting up the shelf brackets for a minute and beamed. "This is more fun than having the finished room will be," she said. And many times, in many kinds of projects, it's true: It's the doing, not the having, that's worthwhile. The doing doesn't always have to be a group effort, of course. Baking bread for your family is often as enjoyable as sharing it, and puttering alone in the garden is, as any gardener can tell you, a satisfying and enriching experience. We humans seem to be at our best in action. Creating, producing, even playing for its own sake, is not only exhilarating, but it seems to fulfill a basic human need. In this issue, you'll meet people who garden, cook, and decorate for the fun of it, to show you how easy it is. It doesn't matter that you're not an expert; there are ways to learn to do anything, once the need —or the inspiration—arises. Here, to prime your imagination, some do-it-yourself projects you could enjoy. Go ahead—just for the fun of it.

● To give your staircase a fresh-air country look, wallpaper the risers with trellis or vine-colored paper. Or, stencil on your own trellis design. A matchstick or split-bamboo blind can have a gardeny personality if you paint or stencil a morning-glory at each side, to twine up the strings.

● Creating something in the kitchen is a terrific way to spend an afternoon, especially if what you're creating is chocolate, such as brownies, chocolate cheese cake, or these delicious chocolate truffles or chocolate drop cookies.

Truffles

Heat 1 teaspoon instant espresso, 3 tablespoons boiling water, and 8 ounces semi-sweet chocolate until chocolate dissolves. Beat in ½ cup sweet butter and then 3 tablespoons Grand Marnier. Refrigerate for a few hours until firm. Form into balls and roll in unsweetened cocoa. Makes about 30 truffles.

Cookies

Melt together 1 can sweetened condensed milk, 3 squares Baker's unsweetened chocolate, and 1-2 tablespoons sweet butter until thick. Let cool slightly. Stir in 6 ounces pecan or walnut pieces. Drop by the teaspoonful on a greased cookie sheet, and bake about 10 minutes at 350 degrees.

● If you like to have your favorite photographs and drawings out where you can see them, you can make your own frames with heavy cardboard: Just cut them out with a matte knife, cover with glued-on fabric, and decorate with grosgrain ribbons in pretty colors.

● A nice way to mark off rows of herbs and vegetables is to write their names in waterproof ink on the backs of old wooden spoons, as Adelma Simmons of Caprilands Herb Farm does in her kitchen garden. And, to help you visualize how a garden bed or border would look, outline the space with your garden hose before you spade along the line. Or, use your lawn mower to outline a proposed garden bed. Leave grass standing where the garden will be, and imagine it as flowers and vegetables. You can see from all angles just about how your garden is going to look before putting spade to sod.

● A new kind of shower curtain to make yourself: Measure fabric (or a pretty sheet) against the old curtain for size; cut; hem on all four sides. Then, at 4-inch intervals along the top, sew on two 8-inch lengths of grosgrain ribbon or fabric strips, and tie the curtain to the rod with jaunty bows.

● To make a pretty folk-art runner for bath or hallway, you can sew together small rectangular rag rugs end to end.

How to do anything when you don't know how

By Jill Robinson

The last person I ever expected to be described as a homeowner was me. When I had husbands I thought of them as the homeowners. I was the upstairs writer. To me, the "it" in do-it-yourself was all that stuff the larger-framed gender seemed designed to handle. Even more important, perhaps, than the knack of doing everything is the ability to discuss projects in that casual, fraternal way which indicates to professionals that they are dealing with an informed person. Stance and gestures are all-important. It helps, if it is still at all cool outside, to wear a down vest, into the pockets of which you can hook your thumbs. Striding around your property in mud-spattered, lace-up, rubber-soled boots, kicking aside a large pebble or so, squinting up at the sky, making dour predictions about weather, and looking at your watch which should have its face on the inside of the wrist are all details which will make the guys who work on houses level with you. Catch phrases from building manuals should be applied whenever you're *sure* they are appropriate. Suggesting sheet rock to the man who is putting a retaining wall in the garden is a certain giveaway.

Last fall, I bought a tiny compound of what resemble cowboy-elf houses in the woods in Connecticut. Friends who worried that I might be lonely need not have been concerned. Into my life came a flurry of contractors, plumbers, electricians, carpenters, painters, masons, heating, oil, and gas experts, basement people, roofers, garage door authorities, storm window specialists, appliance men, and carpet men. They were all charming, wryly disparaging of their predecessor's work, and "going to come back and finish up the loose ends next week." When I got tired of pacing and looking about wistfully, I decided the loose-end expert would be me. You could call it a marvelous opportunity for growth.

With the possible exception of electrical wiring, there is very little I haven't learned to do. And I have a friend who even learned about electricity in night school. There are three main methods to learn anything, however, without going to school: don't be afraid to say you don't know. You might decide not to buy a certain tool until you need it—that's one way to build a collection. I was advised to buy neither the most expensive nor the cheapest grades, and never in sets, advice I followed although almost irresistibly lured by a set of golden tools with retroussé Lucite handles.

In the same way I figured out cooking by reading cookbooks, watching friends, and trying combinations which seemed as though they might taste good, I have managed to over- *(Continued on page 221)*



Right: Jill Robinson herself, up on the rooftop, spreading tar as her son and daughter watch from below. "If you had to be an expert to do everything," she says, "nothing would ever get done."

SUSAN WOOD


for the fun of it



How to create a room when you think you can't—ideas from a pro

The new look of luxurious comfort with reversible quilts

The comforter's out of the bag. Now you can fill a room with the glamorous made-to-order look of big, puffy, quilted walls and furniture. And it's all done with ready-made quilted comforters you can find at stores across the country. "Comforters are a natural for decorating," says designer Robert Denning of Denning & Fourcade, who brought the idea to House & Garden. "They look voluptuous, feel soft, and since they're reversible you get two slipcovers for every one you make." Mr. Denning used the comforters here to cover a living room's walls and all its furniture. To see the room and learn how to recreate one of your own, read on.

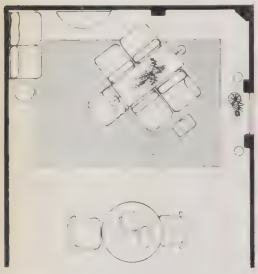
Left: The comforter man, designer Robert Denning. **Right:** The comforter look: Ottoman and corner section slipcovered with reversed sides of washable "Empress Garden" comforters from Fieldcrest. Plant pot, Naga Antiques. Shopping information, page 255.

Decorating


for the fun of it

ECORATING
'OR THE FUN OF IT

"The beauty of a room of comforters," says designer Robert Denning, "is that, while it's so easy to do, there's nothing do-it-yourself looking about it." Clean-lined modular furniture looks glamourous covered with quilted comforters. And a simple pedestal table becomes a charming Victorian parlor table with a half skirt made from a quilted comforter bound with thick braid. "Comforters are wonderfully versatile," says Mr. Denning, who used one to make the curtain and to panel the walls, too—"They're terrific for soundproofing and insulation." When it comes to furniture plans, "I like to clear the walls and give the room a heart," says Mr. Denning, who arranged the furniture away from the walls (see plan). He used an antique double-faced bookcase (you could use two back to back) and, "to add interest to the square room," he placed it on the diagonal and hung it with wall lamps "to avoid end tables and table lamps."



Above: A comforter-covered living room with Thayer Coggin furniture covered with Fieldcrest's "Empress Garden" comforters. Drexel table. Chinese ginger jars from Gracie. Japanese folk puppy, Naga Antiques. Shopping facts, page 255.

"Comforters, pillows, do-it-yourself tassels and braid can turn the most ordinary room into a marvelous living space"



Prefab pillar



Above: The window, framed by fluted pillars (you can buy flat or fluted pilasters at most lumberyards) and curtained with a quilted comforter hung from a pole, cut out like a keyhole (to learn how to make it, see page 224). On the walls, whole quilted comforters were stapled under cornice moldings and more were cut to fit the remaining space to the baseboard. "You don't even have to sew the cut pieces," says Mr. Denning. "Just secure them with a chair rail." To conceal the staples, braided cording was glued right on.

Reversible comforter

Above: One comforter with two sides that can change furniture from dark to light. "Empress Garden," by Fieldcrest.

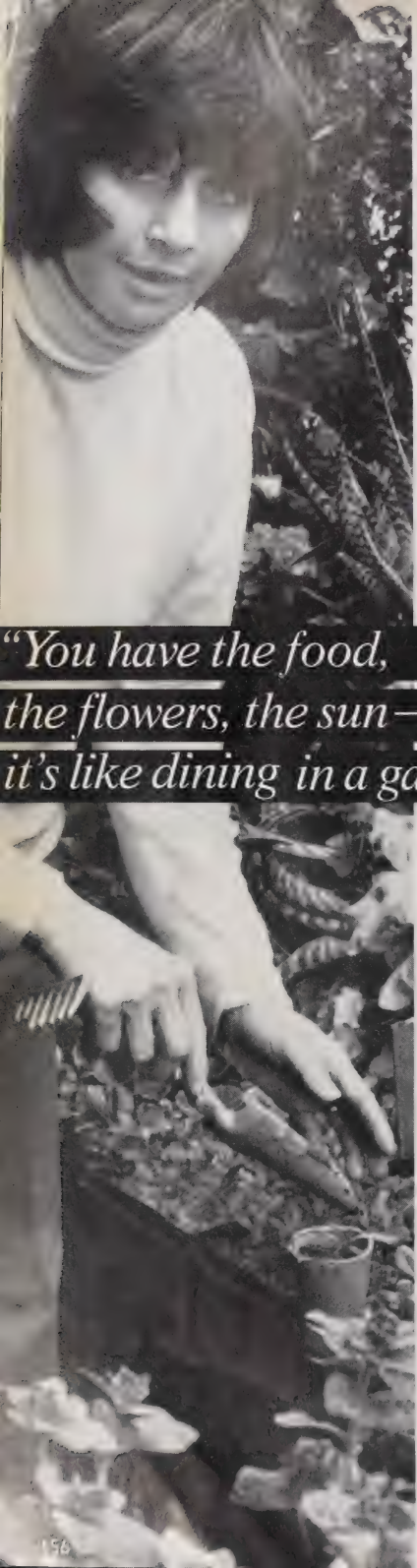
table skirted two ways with one comforter. "The half skirt is my answer to tables skirted to the floor. As in fashion, in decorating, it's the return of the leg." Table by Drexel. **Second row:** Ordinary wood and cane chairs made voluptuous with quilted slipcovers. Chairs from the Door Store. **Third row:** Simple modular furniture in muslin. By Thayer Coggin. **Bottom row:** The same furniture disguised by slipcovers with cording tassels. Shopping information, page 255.



Left: Fat wool tassel to make.

The magic tassel

"Quilted comforters can make even the most unassuming furniture inviting," says designer Robert Denning. "Take a simple table like the one above—every household comes equipped with one. With the quilted skirt, it looks new." To make it, he cut a comforter to size, weighted the hem with a chain, and edged it with braid. (To learn how to make one, see page 122.) Store-bought modular furniture and wood and cane chairs look made-to-order in quilted slipcovers bound with handmade cording. Mr. Denning had the welting twisted to make rosettes, which were hung with easy-to-make tassels (instructions for tassels, cord, and braid, page 122). "Use them at pulse points wherever you want sharp emphasis"—on corners of the modular furniture and on the keyhole curtains.



A GREENHOUSE
FOR THE FUN OF IT

How a family that loves plants lives in a greenhouse-kitchen

"You have the food, the flowers, the sun—it's like dining in a garden"

This family of six enjoys its kitchen, and so do the plants. A new sink island was built to tend to plants as well as food—it has a trough for flowering plants and garden, storage in a pine cabinet behind it. In any kitchen, a hose like the one by the faucet is handy for spritzing foliage. Here, there is also a garden hose in the greenhouse, with a shower stall fixture "that controls pressure and mixes hot and cold to provide the tepid water plants like. My husband rigged that up," says Flora Cremezzani. Exhaust from the nearby laundry drier is piped to floor vents alongside the greenhouse. "By always drying clothes in the morning, we have damp heat to warm the greenhouse after a cold night." Flowers are the family passion, and many are grown from seed: cinerarias, calceolarias, and gloxinias started in summer to brighten winter days. Petunias, impatiens, and some vegetables are started indoors in spring for the outside garden. "I use trays of soil mix topped with 1 inch porous vermiculite, moistened with warm water. Because vermiculite is sterile, 'damping off' is no problem." Another tip: "To flower, plants need lots of sun. In flower, a cool shady spot keeps them in bloom longer."



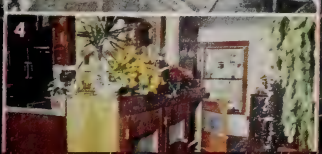
Left: Flora Cremezzani transplanting seedling to a Jiffy-Pot.
1. 1788 farmhouse kitchen with handhewn beams, floor a historic patchwork of slate and brick. Lean-to greenhouse is joined to southeast corner with wire-reinforced glass.
2. Vents in floor warm seed trays.
3. Two-part laundry tub sunk in greenhouse floor has potting soil in one basin, milled sphagnum peat and vermiculite (separated by a plank) in the other.
4. Storage unit has plant trough 8 inches across, 5 inches deep.
5. Pansies and New Guinea impatiens ('Tangeglow' from Parks) grown from seed; more on the way. Calceolarias thrive in pots on gravel.
Shopping information, page 255.

MARINA SCHINZ















FANTASY

FOR THE FUN OF IT

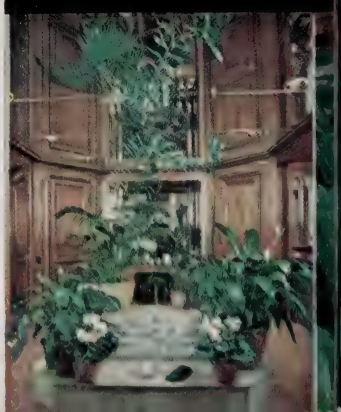
Nature plus glamour in a forest bedroom and a tropical bath

There are those who need a private hideaway, a place to relax in sheer comfort—a place like this bedroom, dressing room, and bath. "It's my oasis," says actress Linda Evans, who, with her husband realtor Stan Herman, rejuvenated their outdated house. "It didn't look like us at all," says Mrs. Herman. "But the size was right and the bones were there, so we decided to make it work for us." With decorator Judy Wilder and architect Harry Fox, they added windows where there were none; brought in yards of mirror; restored all the old wood; and filled the rooms with young furniture and upbeat fabrics. In the master bedroom, French doors now open the room to the terrace, overseen by a big whimsical grove of a fourposter twig bed. Except for the bed and the antique chaise, the room is spare: "We wanted a *non*-overstuffed look," says Mrs. Herman, but she chose the peach and caramel batik "to give the room a sense of warmth and comfort." Next door in the bathroom, warmth comes from wood paneling "which we found under forty years of accumulated green paint." For dazzle, mirror was used generously on the ceiling, around the dressing table, and in the walk-in closet. Since there was only a shower, the Hermans put in the giant Jacuzzi surrounded by cyclamen, spathiphyllum, palms, orchids—"like relaxing in the tropics."

"It doesn't take much to have an indoor garden: a little sunshine, acres of flowered fabric, and a bed like trees"





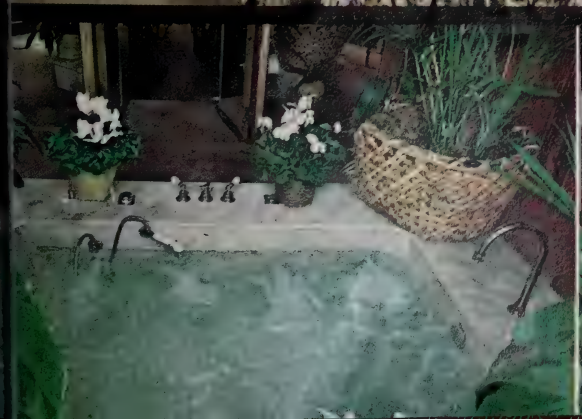


Above right: The master bedroom rejuvenated by a precise flowered batik and a tester bed with the bark still on. Twig bed from Waldo's Designs. Raymond and Keith fabric. **Bottom right:** In the master bath, original wood paneled walls are updated by a mirrored ceiling. Beyond the bathtub, a dressing table with mirrored top, standing Venetian mirror against mirrored wall. **Bottom middle:** Right in the center of the bathroom, a 4-by-8-foot gray marble Jacuzzi. **Bottom far right:** Off the bath, a walk-in mirrored closet with chrome rods, track lighting. **Left:** Linda Evans Herman.

Shopping information, page 255.

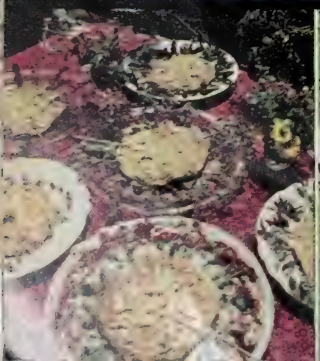
KAREN RADKAI















FOR THE FUN OF IT

Inventive ways to cook and garden with herbs

One passion will often inspire another, and when it does, there's no stopping either of them. That's what happened to Giampaolo Porlezza, the Italian designer famous for his Taroni silks: A botanical interest in herbs led to a discovery of cooking, and now he says, "I like herbs because I like good cooking, and I like good cooking because I like herbs." Mr. Porlezza has never been without an herb garden, but when he and his wife Silvana moved to a house with more land, he had enough space to expand. As his garden grew, so did his passion, and now his herberie provides a bounty that is the inspiration for all his cooking. "My greatest pleasure comes from inventing recipes containing a good mixture of herbs and sharing them with friends," says Mr. Porlezza. "Herbs can stand on their own"—and if you try his recipes for fresh herb salad or fresh herbs dipped in batter and deep fried, you'll taste what he means. "I also like to use herbs to give character to gentle-tasting foods like eggs or chicken." No matter what he's cooking, Mr. Porlezza takes great care in arranging food: "Many herbs are decorative," he says (rosemary and sage, for example, have charming little flowers), "so you can make your food look as good as it tastes." Mr. Porlezza spends hours in libraries, poring over botanical books. "The more I learn about herbs the more I want to learn. It's consuming—but that's the depth of passion."



"Herbs are wonderful—they give any dish distinction. And for meals in a hurry, they're an easy way to make taste"







Right: Mr. Porlezza in his herb garden.
Above left: A fresh toss of curly and plain lettuce, watercress, arugula, lovage, mustard, red basil, mace, skirret, purslane, and nasturtiums.
Bottom left: Herb omelet decorated with herbal blossoms.
Bottom, second from left: Vanilla ice cream garnished with red currant preserves, fresh currants, geraniums.
Bottom, third from left: Tarragon cream baked in pastry; deep fried sage beignets. Recipes, page 56.
Left: Assorted potted rosemary.

DAVID MASSEY



HERBS

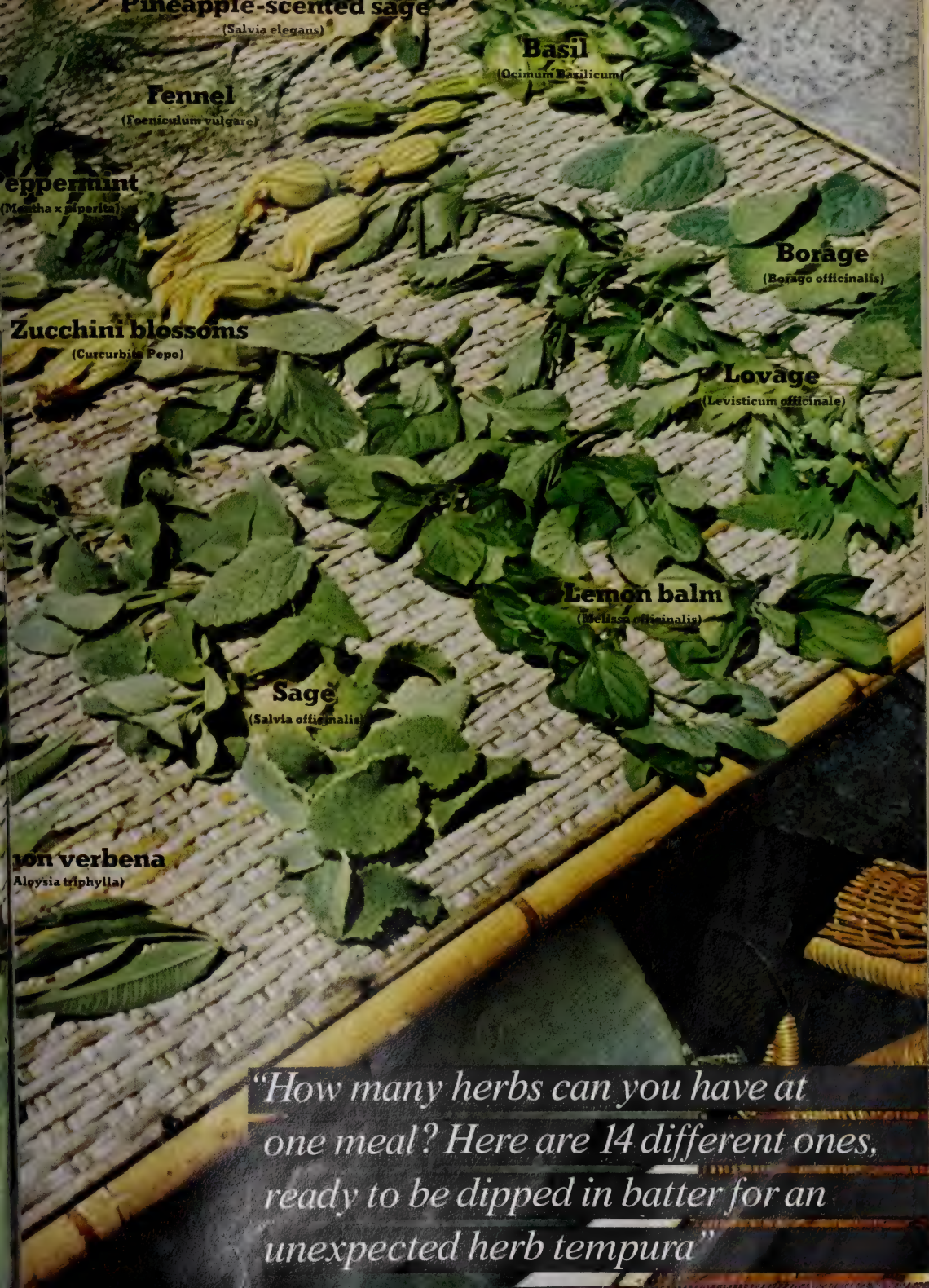
FOR THE FUN OF IT

How to make an herb tempura

These herbs are Mr. Porlezza's favorites for batter-dipped, deep-fried herb tempura. You can use them or make your own selection according to your taste—or what's in season.

To make the batter, combine 3¾ cups white flour, 1 ounce fresh yeast, and a pinch of salt, and cover with 2 cups warm water. Mix the ingredients until you have a soft cream and let it stand for at least one hour. Dip the herbs one by one into the batter and shake well to remove any excess. In a large skillet or deep-fat frying pan, fry the herbs in 3 inches of very hot peanut oil until crisp and brown. (Oil is ready when a small piece of bread is immersed and browns immediately.) Let dry on absorbent toweling and serve warm as a first course. Follow with a meat course such as rolled stuffed breast of veal.

LAURA MASLEY



"How many herbs can you have at one meal? Here are 14 different ones, ready to be dipped in batter for an unexpected herb tempura"









ENTERTAINING

FOR THE FUN OF IT

A charming spot for dining in a dressing room-bath

It may look like a dining room, but behind all the fabric and the gardeny table, this room is a dressing room-bath. That's the bathtub under the banquette (just a board, cushioned, upholstered, and laid over the top of the tub). The private vanity is hidden behind the mirrored partition. "It looks like a cozy drawing room," says Paris designer and shop owner Anne Marie de Ganay, the woman behind this amusing transformation. For dining she brings in a folding table and extra chairs, puts the champagne in the sink to chill, and uses the shelf in the vanity area to hold glasses. "With the fireplace and the TV, it's always been more than a room for dressing and bathing; but it was a stroke of inspiration to serve dinner here." To prepare the room for its new role, she filled it with flowery fabric in five colors—"I couldn't decide which to use, so I used them all and turned the room into a garden." Each wall is covered with a different color garden. Curtains are blue (over lacy undercurtains), built-in cupboards, white—"My one regret: I should have used one of the darker colors that shows fewer fingerprints." For accent, the black fabric turns up around the tub, sink, and even an ironing board. "So many fabric patterns in such a tiny room is as unexpected as dining by the tub. But a good surprise is always uplifting."







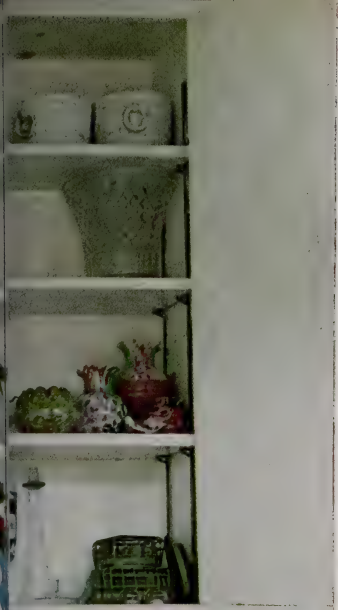
"The more attractive you make a room, the more excuses you'll find to use it"



Above left: The dressing room-bath, dressed for dining with flowery fabric from Bloomcraft. On the table, Italian china from Miss de Ganay's Paris shop, Juste Mauve. Fireplace is tiled with a collection of postcards.
Far left: The bathtub, raspberry-scented for bathing. On the ladder-back chair, towels appliquéd with flowers like the fabric ones.
Second from left: Above the bathtub, a sheet of glass protects wall fabric.
Third from left: On a buffet, a basket full of fresh fruit. Tangerines are peeled and ready to eat—"a nice surprise for hungry guests."
Left: The buffet is in Miss de Ganay's studio—"another surprising place to eat."
Right: Miss de Ganay at work.

DAVID MASSEY









FLOWERS

FOR THE FUN OF IT

Flower-fixing porch—plus wonderful free-form bouquets

Every hobby needs a place to grow. At Mr. and Mrs. Richard Hare's house, a love for flowers prompted them to turn a shady outdoor porch into a small-scale flower center. "The sink was here when we moved in," says Mr. Hare. "All I added were laminated counters, and a few lockable cupboards for vases." Now, he has a special place to indulge his talent, creating marvelous free-style bouquets with flowers from the backyard garden. You can capture his unstudied style with your own flowers or florist flowers. "Just let your arrangements happen. The flowers will tell you where they want to go, but it's up to you to nudge them into a compromise." Chicken wire and spike-toothed "frogs" support large arrangements, but Mr. Hare dislikes florist's netting and Oasis: "They make the flowers look too professional, and I prefer to remain an amateur." He adds a surprise to every bouquet: "An unexpected black-eyed Susan looks wonderful with my favorite 18th-century roses, or I'll put lavender phlox and red fuchsia side by side." Don't try to match your flowers to anything, he warns—"Flower colors are at home anywhere." Greens are always the finishing touch: tall grasses, lemon leaf, boxwood, ferns, rose geranium leaves, even parsley—"It stays so crisp, and looks especially good with roses."



"Don't be afraid to mix lots of flowers in lots of colors. In nature, nothing clashes



Top, left: Bouquets are born here, on the Richard Hare's back porch. **Opposite page, bottom, from left:** On the dining table, a compote of roses, cosmos, and zinnias. Etched crystal epergnes spout a mix of colors. A pink vase of lilies, lavender phlox, dahlias, and nicotiana, framed by a carved Austrian hunting trophy. "We're wall to wall roses by the first day of summer," as this English pottery basket proves, filled with hybrid tea roses, and ribboned with variegated grass. "I love a touch of blue in any arrangement."

KAREN RADKAI



CHANGES FOR THE BRIGHTER

Makeover for a new way

A suburban house made sensational with reshaped space, greenhouse, skylight, and a whole lot of style

SUSAN WOOD



▲ Before and after ▼



From suburban conventional to pared-down modern—that's the big move this house has made to keep pace with the up-to-date lifestyle of the young family who lives there. Its eleven rooms have been transformed into one integrated, light, airy space, with open ceilings and movable walls. Raising the ceiling near the front door, *above*, Joe D'Urso of D'Urso Design put in a big curved skylight, and then opened the floor beneath so that light floods down into the new family-media-games room below. To help lighten the downstairs room even more, Mr. D'Urso replaced the front wall with a greenhouse, *right and below, left*, making a glassed-in garden two stories high.

Above, left: The old exterior. **Left:** The new greenhouse and entrance.

PETER AARON © ESTO

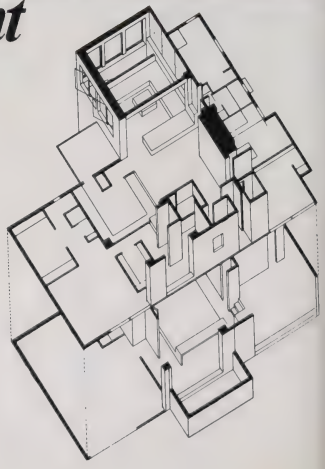
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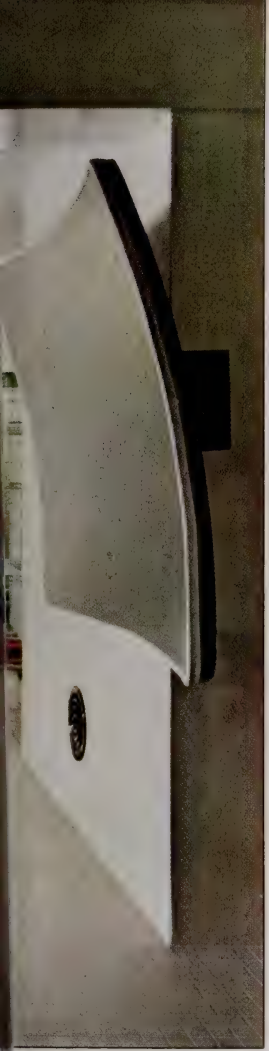
PETER AARON ©

Makeover for a new way of light

With space rearranged to make it more workable, ceilings and walls opened up to let more outdoors in, the whole house seems to expand

The heart of this house is the family room—a space running the length of the house, with every kind of entertainment, *above and opposite page, top*—giant TV screen and projector, regular TV, Betamax, billiard table, library, fireplace, and even a little kitchen. Light comes from the new greenhouse wall and upstairs skylight. Family activity is centered on an enormous pad on a platform, covered with lots of big chintz cushions, and a projector in the center. At opposite ends of the platform are counters with stools, and the floor is covered in practical, easy-to-clean gray ceramic tile.







ough the changes in the look his house are dramatic, the tural work was ingeniously le, see floor plan, *left*. Joe so rearranged space rather rebuilt it—so that, for instance, ew master bathroom expands he old dressing area, which in has been replaced by space erly taken up by the old dining . A greenhouse wall and two hts, an opening in the family ceiling, and some new large ing panels upstairs (which up space or close it off for cy) are the only major remod- changes. The fireplaces re- But new spotlighting reflects e white walls, and stripped- furnishings enhance the new, fied, up-to-date look.

SUSAN WOOD





◀After and before▲

Above: The old living and kitchen areas were open plan, with a stone-faced fireplace opposite a secondary dining table.

Left: Where the dining table was, now a rectangular opening integrates the two stories. The new dining area was moved close to the kitchen. Past the fireplace wall, now stripped and painted white, is a door into the study.







Makeover for a new way of light

SUSAN WOOD



The old dining room

Many of the important changes took place on the first floor. The living room windows were enlarged at the far (south-facing) end, with new pivoting windows installed in the left-hand wall, **opposite page, bottom left,** reflected in mirrors opposite. Designer Joe D'Urso repositioned the counter dividing the cheerful red-vinyl-floored kitchen from the living-dining area, **opposite page, top, and bottom right,** and added a low wall to conceal sink and work counter. A butcher-block table on wheels (a restaurant-supply house find), does double duty as work and eating counter. The new round dining table is gray granite.

Bedroom before



Original bathroom



Former living room



Kitchen before



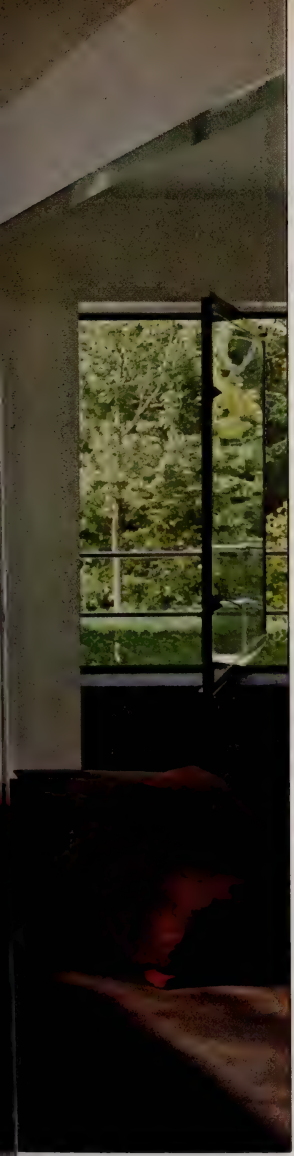
A comparison with the old rooms, *left*, shows how much a house's personality can be changed. Take the new bedroom, *below*—a completely new look (see old bedroom beside it) achieved simply by changing several pieces of furniture, curtains, wall mirrors, lamps for a low platform bed with a mirrored wall behind it and a TV at the foot; a free-standing Formica-topped curved cabinet full of drawers; gray carpeting for floor, platform, and headboard. The expanded bathroom, *bottom*, was transformed from busy pink (see original version) to streamlined white. The small window is replaced by a skylight on the diagonal, making interesting angles. Glossy Formica vanities with stainless-steel fittings line opposite walls (his and hers).





Above top: Remodeled bedroom with collection of African wood whistles and snuffboxes. Red metal toolbox storage beside bed.

Above: Transformed bathroom with stainless-steel whirlpool bath, new skylight, plants, mirrored walls reflecting each other into infinity.



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© ESTO

Raising the roof fo

Up went the roof, in came the light in a remodeling that turned a cramped cottage into a lofty house by the bay

To get some light and living space into this tiny, dark cottage—and do it at a reasonable cost—there was nowhere to go but up. By raising the roof, architect Richard Sygar created a clerestory-lit, two-bedroom balcony sleeping loft where the attic had been. The first-floor rooms, now united, became the big, bright heart-of-the-house room here. The new room is still small—20 by 20—but "the *illusion* of spaciousness was introduced," owner Jane Twyon says, "with height, windows, and nothing to block the view."



Old living room



Back—before roof-raising



Front before remodeling





Top: Front door now opens into the new heart-of-the house room. An outdoor table and bench painted white create a dining area near the kitchen.
Above: From the back, new windows with clerestory above open the house to the view of the bay.
Right: House from street still looks like a cottage. Cedar siding, roof, dormers are new.
Opposite page: In the living area, a new platform fireplace soars past the bedroom loft.

FELICIANO


$23,000

The idea was to change as little as possible: The deck was expanded, the old floor revived, and the whole flavor kept cottagey and welcoming

Below right: In good weather the deck becomes a much used additional room—especially for outdoor eating. Like the rest of the house, it is furnished with casual furniture from Conran's, New York City.

Right: On the bay side, the house was extended by 3 feet and opened to the view. Upstairs, a clerestory was built into the raised roof to light the sleeping lofts as well as the open area below. On the main level, new double-hung windows





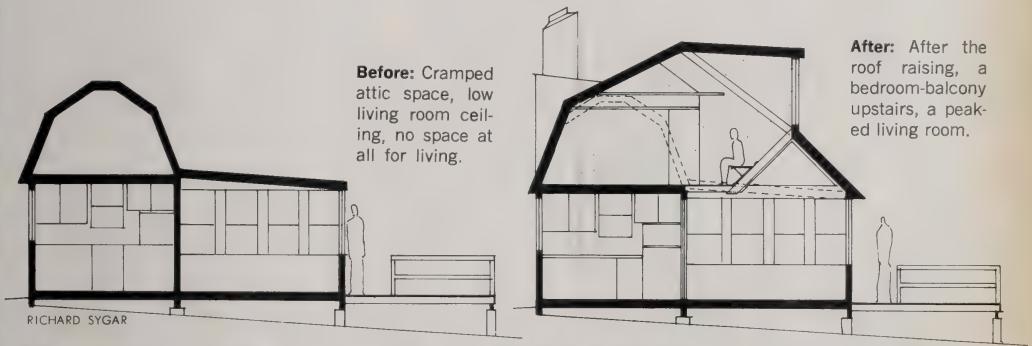


A splash of color

wrap all around the living-dining area to add additional light and to bring the view into the heart of the house. Double-hung windows, less costly than a wall of glass, match the originals and help preserve the cottage's character. On the outside, the old deck was extended in a wraparound walkway-ramp.

Above: A panel of yellow acrylic built into one end of the clerestory flashes warm light into the house as the sun passes by. Blue and aqua pastels are built in elsewhere, representing sun, sea, and sky.

The little cottage was in a shambles, blind to the bay with windows facing only the street. Owner Patrick Twyon says "the possibilities for improvement were limitless because there was virtually nothing there. Our first thought was to level the shack." But their good friend, architect Richard Sygar, was able to create just the sort of vacation place the Twyons longed for—and still stay within the limits of their budget. By prying up the roof and introducing the clerestory, the attic space was transformed into two sleeping areas open to the stars above and the room below. All the existing floor needed was to have its coat of dark red paint removed, and some of the original walls were saved. The old deck was also kept, extended with a new walkway that ends in a ramp for easy access to the back door. The door itself was moved from center to side to ease the arrangement of furniture inside. The addition of new wiring, plumbing, heating, and insulation—all done within the $23,000 budget—made the house comfortable year round. And though still small —only about 800 square feet—with its raised roof and wide-open areas the house now seems as airy as the outdoors the new windows bring inside. And it's easy to keep. Jane Twyon says: "I work, and I don't want to spend my weekends cleaning. This house is extremely easy—all I have to do is sweep it out." Even the Twyons' baby daughter delights in their new holiday house. "For her, it's a giant jungle gym." For building facts, please turn to page 260.



Before: Cramped attic space, low living room ceiling, no space at all for living.

After: After the roof raising, a bedroom-balcony upstairs, a peaked living room.

RICHARD SYGAR

Raising the roof for $23,000





Balcony bedrooms

Left: Though small, the sleeping loft seems to extend through the angled rafters beyond the broad window. A ledge overlooking the main level stretches across both bedrooms for extra seating and a place for plants. It's almost like having a little sitting room off the bedrooms," Jane Twyon says.

Above: An updated version of shoji screens—wood-framed fiberglass on double hinges—were designed by Richard Sygar to fold flat against the walls, or stretch out to close off the bedroom areas. They provide privacy, yet let in the light.

FELICIANO

Down-to-earth tables for **fork & spoon food**

Tables are never more inviting—or more imaginative. What makes them so is the inventive use of things you have on hand. Wineglasses are sturdy tumblers, food is served in vegetable bowls and platters, and each course is designed to be eaten with just a fork and spoon. Centerpieces are just as inventive: garden fresh, inspired by the recipes, in bowls and boxes covered with paper to look like tile.

UPDATE

GETTING TOGETHER MADE EASY

A wonderful informality has made entertaining fun again. Now everyone's in the kitchen, serving is simpler, and you can cook with a new spirit of adventure that can turn a mistake into something marvelous

BY PENELOPE WISNER LINCK

Giving a party used to be a one-way street—the host and hostess gave; the guest received. Communal impulses were satisfied with occasional covered-dish suppers. Now, every party seems to become a community effort. As soon as an invitation is given, comes the response: "What can I bring?" Bring wine, bread, flowers, or a new cheese or sausage just discovered; bring a record, book, or game—and anyone arriving with a box of amaretti is instantly popular. Once there, everyone wants to get into the act, and if you don't do some delegating of duties, there will be a traffic jam in the kitchen.

All this help is wonderful. Someone can open the wine, another make sure there are enough chairs around the tables, another serve the first course. The party's "success" rests with the whole group working together.

There's a new attitude evolving on both sides of the entertaining street—menus, table settings, even dress tend to be simpler, more casual. Intimate, but practical too, and always with a sense of how to make everyday things appear new. A whole dinner may be served with just a plate and a fork; centerpieces will be of shells; salt and pepper

Continued on page 180



Hearty fish chowder in peasant print

Right: For a neighborly supper of fish chowder, a cheerful table set with an imaginative use of kitchen staples: instead of soup bowls, covered vegetable dishes; for salt and pepper, tin baking molds. On the sun-colored table, stainless steel forks and spoons, and sturdy cotton napkins. In the center, a heap of rosy new potatoes in a bowl covered with tile-patterned self-stick paper. To learn how to cover your own, see page 224. (Recipes on these six pages from Edna Lewis, see page 94.) "Fruit Basket" covered dishes and "Marchioness" glasses by Ebeling & Reuss; "Liberty" forks and spoons by International Silver; "Solidarity" napkins by Bloomcraft. Shopping information, page 255.





FORK AND SPOON

A big bowl of carrot soup, plus crisp summer greens

Left: Lunch of chilled carrot soup and hearts of Boston lettuce comes across light and delicious in a summer setting of summery yellows and refreshing blues. The stoneware dishes and hemstitched napkins tune into the simplicity of an English oak table; dark salad greens in a wallpapered slat box make a centerpiece. Table Plus "Finlandia" stoneware vegetable dishes and cereal bowls by Johnson Bros.; "Galway Oyster" crystal glasses by Wedgwood; "Antares" stainless steel forks and spoons by Oneida at Macy's; "Verve" napkins by Vera. Wallpaper, Clarence House.

UPDATE

GETTING TOGETHER MADE EASY

continued

The old rules had you practice a menu until you could reproduce it under stress. The new ones say: If a dish does not work out, just call it by a new name and declare it your own invention

dishes might be tiny chocolate molds.

Guests no longer tolerate reluctant hostesses who hide out in the kitchen only appearing to relax when guests are on the way out the door. Now they march into the kitchen to brandish whisks, stir pots, and generally poke around while keeping the cook company. The idea may be more terrifying than imagining hungry hordes at the table waiting to pass judgment on whatever appears in front of them, but at least if a sauce curdles it won't be all your fault. If you don't appreciate this sort of activity, and there are many sensitive cooks who do not, just tell well-meaning helpers to clear out. There will be no feelings hurt. But the best way is to have everything prepared ahead. If you are not in the kitchen, guests won't be either. Preparing beforehand takes time and organization, but this is simpler when you set the table in the morning and each place needs only one glass, a fork, and spoon. Leaving out an hors d'oeuvre to serve with drinks and shortening the drinking hour by half saves double in preparation time. After that, you'll need only a serving dish (hopefully it's a table-going cooking pot) and ready-to-set-out dessert dishes. You can even make freshly ground coffee or tea ahead: Keep them in insulated jugs—the new good-looking ones ready to come to the table.

People who work full time —whether or not they enjoy guests in the kitchen—are bound to feel the familiar time compression. With good reason: Dinner parties used to have a first course, main event, salad, cheese, dessert. For mine, I used every pot, dish, and piece of flatware in the house, and even then I didn't have enough for all the different courses. The piles in the kitchen grew to terrifying heights. And then I discovered that this type of dinner party wasn't realistic or really even fun—the price in effort and time was too high, and ultimately prevented me from inviting people over. Something had to go. So, first the cheese went, then the separate salad, then the first course.

Continued on page 218

A cluster of bowls for a do-it-yourself chicken salad

Right: For a country lunch, a salad potpourri of chicken, eggs, anchovies, and okra to mix yourself. It's all served on an airy white table appropriately centered with a pile of eggs in a tile-papered box. More pastorals—the endive-tinted napkins, the flowered plates. "Cottage Garden" bone china plates by Aynsley; "Sheila" crystal glasses and "Comeragh" crystal bowls by Waterford; "French Provincial" sterling silver by Towle; "Powdered Pastels" napkins by Elisa Daggs. Wallpaper, Kneedler-Fauchère. Shopping information, page 255.





Fresh watermelon in old-fashioned vegetable dishes

Left: Hot-pink drama: watermelon with a sauce of raspberries, plums, and framboise eau de vie. Coral napkins echo the fruit; bold tile-patterned wallpaper covers slat boxes full of watermelon wedges. "Ming Blossom" vegetable dishes, Oxford Bone China by Lenox; "Early American Antique" glasses by Lenox Crystal; "Modern Victorian" sterling silver by Lunt at Altman's; "Powdered Pastels" napkins by Elisa Daggs. Wallpaper, Kneedler-Fauchére.



Vegetable kabobs on oblong plates

Left: Cool currents of white and blue drift across a table centered with mushrooms in a tile-patterned slat box. For excitement, colorful brochettes of shrimp, corn, peppers, and tomatoes. "Tavola" porcelain platters by Hutschenreuther; "Flagg" mugs by Kosta Boda; "Fiddle" silver-plated forks and spoons by Reed & Barton; "Parsley" napkins by Katja. Wallpaper, Janovic-Plaza.

Pewter shells for frozen yogurt and cookies

Right: Just for fun, dessert in a scallop shell: frozen vanilla yogurt and cats' tongues cookies. In the center, tangerines in a tile-papered bowl. Pewter shell-shaped dishes, "Cherrywood" glasses, "Octette" pewter-handled forks and spoons, all by Gorham; "Verve" napkins by Vera. Shopping information, page 255.



A H&G MUSEUM HOUSE

Farmhouse for a poet

The house Walt Whitman's father built, and where the poet was born, beautifully restored in its original colors and furnished as it might have been when he lived here as a boy

HORST







Sandwiched between a road and a major highway, overlooked by a gas station and a mammoth shopping center, the house where the poet Walt Whitman was born miraculously survives intact, a peaceful reminder of a more rural West Hills, Long Island. The simple shingled homestead was built by his father a few years before Whitman's birth on May 31, 1819. It is still supported by the original hand-fashioned beams held together by the original wooden pegs. The interior wooden doors and trim are painted "Colonial Blue" to match the color of paint chips found when the house was acquired by the Walt Whitman Birthplace Association. The Association bought the house with the aid of contributions from more than 7,000 well-wishers, including many schoolchildren, and presented it in 1957 to the State of New York, which maintains it as a historic site. The poet's family left West Hills when Walt, in his words, "was still a little one in frocks," but the house still contains a few Whitman possessions, notably his mother's chair and a couple of desks used





by Whitman when he was "boarding around" and teaching school on Long Island as a young man. But an herb garden has been planted close behind the house, two rooms upstairs house an admirable Whitman library, and on the ground floor, parlor, kitchen, and "borning room" have been modestly but endearingly furnished to give a semblance of the interior as it may have looked in Whitman's day. Spinning wheel and knitty-knotty, bellows and bootjack, dough-chest and lard-press combine to create an illusion of the past almost strong enough to tempt one to believe that outside on the Long Island plains, the morning and evening processions consist, as during the poet's lifetime, not of commuters but of cows. The house, at 246 Walt Whitman Huntington Station, N.Y. 11746, can be visited Wednesday through Sunday from 1 to 4 P.M., except during February and March, when it is open Saturday and Sunday only. To [illegible]

Above: The kitchen, with Dutch door, Quaker furniture, churn, yoke, laundry rack, and rack for drying hand-dipped candles. Desk belonged to Whitman.
Left: The homestead.
Opposite page, top: A kitchen corner. Near stool was for milking. Wall-hung tray doubled as checkerboard.
Opposite page, bottom: The borning room. Bedspread was woven by the poet's cousin of wool and flax

DIY

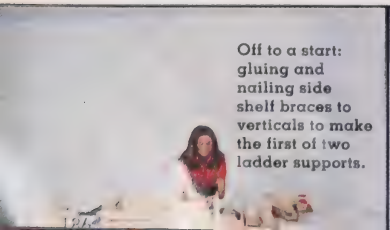


*Do It Yourself

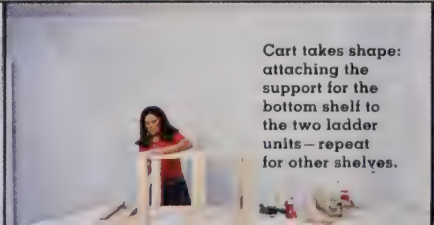
Cart on the go

The four-wheel wonder you can build in 5 hours

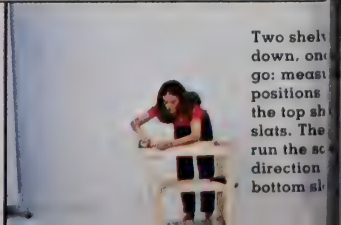
KAREN



Off to a start: gluing and nailing side shelf braces to verticals to make the first of two ladder supports.



Cart takes shape: attaching the support for the bottom shelf to the two ladder units – repeat for other shelves.



Two shelv
down, on
go: measu
positions
the top sh
slats. The
run the sc
direction
bottom sl



WILLIAM P. STEELE

Here's a cart that's always ready to roll—outside with summer refreshments, inside to serve a full-course dinner, or all around the house as a portable craft center or on-site workbench. Standing still, it's a handsome storage unit. Thirty-four inches high with three 52½-inch shelves, it's our latest inventive furniture project from designer Peter Stamberg. Any beginner can handle the job: Putting 43 pieces of wood on wheels takes about 5 hours. (To learn how, see page 76.) All you need is $25 worth of 1-by-3 #2 pine, 4 clear casters at $1.50 each, glue, nails, and sandpaper. Total cost: $32.28. *Above left:* Two carts on duty at poolside. Brown Jordan chairs. Towels by Martex. Striped bathsheets at "Of All Things!" Glassware at The Pottery Barn, *Right:* Cart-on-the-move in the greenhouse. For shopping information, please turn to page 255.



The last nail: 43 pieces of wood all in place. The top shelf supports extend as cart handles.



Getting ready to roll: marking the four drill points for caster holes.



All finished: after 24 hours drying time, the cart's ready for anything.

NEEDLE CRAFT

D.I.Y.

Pillow confections

Ribbons, embroidery, ruffles, and lace on two pretty pillowcases you can stitch from kits

Give sweet dreams some encouragement with lacy little pillowcases you can make by hand. Choose the pastel version—all ribbons and lace—or the white one, bordered with gathered rows of cotton, and ready to embroider with a flower-wreathed monogram. Or make them both: Nothing looks prettier than a bed or chaise piled high with ruffly pillows. Everything you need to make these pillow covers comes in kits: a length of fine Swiss cotton batiste, wide and narrow satiny ribbons, lace edging, lace beading to weave ribbon through, delicate "entredeux" (a fine openwork bridge between two fabrics), thread, needle, and imported cotton floss. You cut cotton and trimming to size, and French-handstitch to create the pillowcase. To learn the French sewing techniques you'll need, see page 133. By Patricia Mabry Enterprises. Shopping information, page 255.



KAREN RADKAI

Right: Finished pillowcase fresh and romantic. **Top le** Trim is joined to lace by han after being cut to size, **abov** **Inset:** Easy-to-stitch kits wi all the trimmings.



*Do It Yourself



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MEAL IN MINUTES

MENU
Armenian pizzas
Turkish cucumber and grape salad
Peaches with honey-lime whip

In her new book, *Entertaining the Slim Way* (Addison-Wesley), Lou Seibert Pappas has arranged favorite recipes from her travels into menus for all occasions, including picnics, party dinners, and spontaneous suppers. Mrs. Pappas, who is the food editor of the *Peninsula Times Tribune* in Palo Alto, Calif. and author of 10 books, places the emphasis on a "lighter, leaner, and delectably fresh" cuisine. This menu for six is an easy adaptation of middle Eastern floors—the exotic taste of lamb with cumin and allspice, a cooling yogurt–mint dressed salad, and honeyed peaches with an accent of lime and cardamom.

To start the dinner, salt the cucumbers for the salad and let them drain 15 minutes. Meanwhile, mix the dressing for the salad and toss the lamb with the spices and tomato sauce. When the cucumbers have drained, pat them dry and add them, with the grapes, to the dressing—let chill briefly. Spread the meat mixture on the tortillas or pita rounds and put in the oven. While pizzas bake, peel and slice peaches. (Mrs. Pappas also suggests using strawberries or fresh pineapple, or try nectarines), spoon the honey-lime whip over them; chill if you wish. In 10-15 minutes, pizzas will be ready.

Armenian pizzas

INGREDIENTS

1¼ pounds ground lamb
1 teaspoon salt
¼ teaspoon freshly ground pepper
2 cloves garlic, minced
½ teaspoon cumin
½ teaspoon allspice
4 green onions, chopped
2 tablespoons pine nuts
⅓ cup tomato sauce
2 egg whites
6 12-inch flour tortillas or 12 6-inch pita rounds
1 cup Monterey Jack cheese (about 4 ounces), grated

METHOD

☐ Mix together in a bowl t lamb, salt, pepper, garlic, c min, allspice, onions, pine nu tomato sauce, and egg white Lay out each tortilla on a baki sheet (fitting 2 to a sheet) a put some of the meat mixtu on each one, covering loosely within 1½ inches of the edg Sprinkle with cheese. Bake in preheated 425° oven 10- minutes, or until meat browned, and the edges crisp. Serves 6.

Turkish cucumber and grape salad

INGREDIENTS

2 medium cucumbers, peele seeded, and diced
Salt
1 cup plain yogurt
1 clove garlic, minced (optional)
1 tablespoon distilled white vinegar
⅛ teaspoon freshly ground pepper
1 green onion, finely choppe
3 mint leaves, chopped
1 cup seedless grapes
Romaine or grape leaves
Mint sprigs

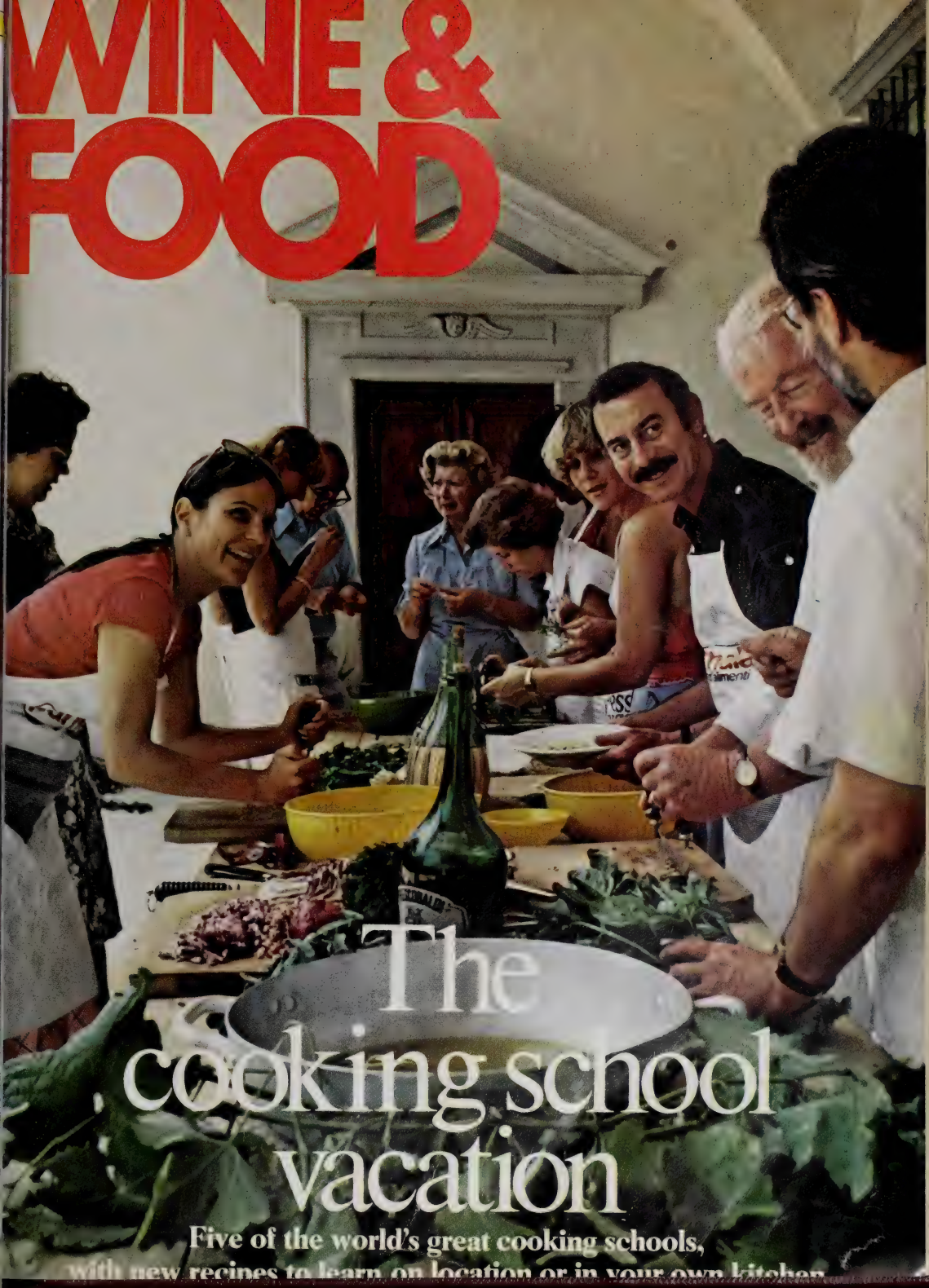
METHOD

☐ Sprinkle the diced cucu bers with salt and let th stand for 15 minutes in a ander to allow the juices exude. Rinse under runn water and pat dry. Mix toget in a bowl the yogurt, ga vinegar, ½ teaspoon salt, p per, onion, and chopped m Add the cucumber and gra and chill. Serve on romain grape leaves and garnish salad with mint sprigs. Se 6.

Continued on page

Opposite page: Giuliano Bugialli's cooking class spends a summer morning at the Frescobaldi villa in the Tuscan countryside preparing quail wrapped in vine leaves. Later, the students will eat a picnic lunch, then return to Florence, "home base" for the school.

WINE & FOOD



The cooking school vacation

Five of the world's great cooking schools, with new recipes to learn on location or in your own kitchen

Wolfschmidt Vodka.
The spirit of the Czar lives on.

It was the time of "War and Peace," "The Nutcracker Suite." Of Tolstoy and Dostoevsky.

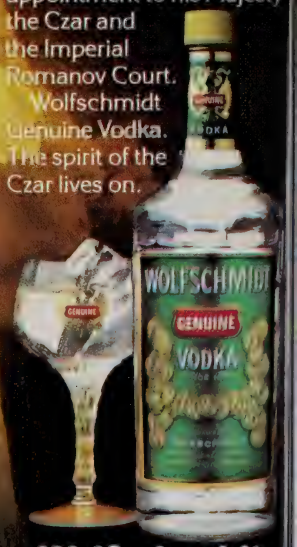
Yet in this age when legends lived, the Czar stood like a giant among men.

He could bend an iron bar on his bare knee. Crush a silver ruble with his fist. He had a thirst for life like no other man alive.

And his drink was the toast of St. Petersburg. Genuine Vodka.

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WINE & FOOD Travel to cook this summer to Florence, Bologna, and Paris; or take a master class while vacationing in the United States; plus a special feature on fresh fruit cordials

The cooking school vacation

DAVID MASSEY



First work, then play. La Varenne students bake, *left;* Tuscan cooking class dances, *right.*

Cooking gives traveling a viewpoint, a focus that draws the experience of being in a new place together. Restaurants become part of the culinary exploration; going to the local markets brings you in touch with the people as they go about their lives; the recipes use local produce. Learning a region's cuisine gives insight into the culture—there are even museums devoted to food and wine: a pasta museum in Pontedassio near Imperia, The Christian Brothers Wine Museum in San Francisco are two.

And it's *fun.* Fun to join cooking classes in the cities you visit because cooking is a friendly task by nature. Below is a list of some of the classes to plan this summer's vacation around including the classes photographed on the following four pages. Recipes begin on page 201.

To find new recipes, ideas, techniques, and make new friends, go to class this summer

D = demonstration,
P = participation

Italy

The Marcella Hazan School of Classic Italian Cooking in Bologna
155 E. 76th St., New York, NY 10021. 212-861-2825
Marcella and Victor Hazan offer 1-week courses starting May 6, 13, 27; June 3, 24; July 1; October 14, 21. Schedules A and B alternate, so you can stay 2 weeks without repeating any lessons. The one-course fee of $1,000 includes classes, hotel, breakfast, outside meals, and all field trips. Two-course fee is $1,800. A 9-day September course, which will involve elaborate excursions, is $1,500. *D,P.* Story, page 195.

Cooking in Florence
Mrs. Bernard Berman, 2830 Gordon St., Allentown, Pa. 18104. 215-435-2451
June, July, and autumn programs featuring authentic Tuscan cuisine taught by Giuliano Bugialli for the 7th year—the courses run 3 weeks; students may arrange a variety of schedules within that block. Field trips every week to restaurants, vineyards, castles. Students stay at the Hotel Augustus. Prices from $700-$2,000. *D,P.* Story, page 194.

Hotel Cipriani
Giudecca 10, Venice, Italy. 85-068
Simone Beck and Michael James, along with Chef Giuliano Novelli, teach French and Italian regional specialities and haute cuisine from June 17-30. Fees, inclusive of room, breakfast, 3 or 5 days of classes, and tastings, range from about $300-$500. At least 5 percent of the proceeds go to the restoration of the Church of SS Giovanni e Paolo in Venice. Contact managing director Natale Rusconi.

Hotel Gritti Palace
Venice. Contact Cigahotels, Inc. 745 Fifth Ave., New York, NY 10022. 212-935-9540 or 800-221-2340

Continued on page 219

Giuliano Bugialli recreates classic Tuscan cooking with students in Florence and the Italian countryside



Stuffed dough pillows



The finale—ricotta soufflé

Food, history, and art combine naturally in Florence under Giuliano Bugialli, author of *The Fine Art of Italian Cooking* (Times Books). Participation classes in the 13th-century townhouse stress basics—Tuscan bread: plain, with herbs or olives, or even wrapped around a chicken. "The bread has almost no salt and is made to be eaten with food; Italians don't eat bread and butter," says Mr. Bugialli in a cultural aside. Students learn pasta in its many shapes and uses, and desserts—all followed by wine tastings and walking tours of the city to enjoy the art as well as the marketplace. Another day, class moves to the Chianti vineyards at the Frescobaldi villa. Students pick fresh vine leaves for the quail in pancetta, *right*.



Giuliano Bugialli demonstrates kneading large ripe olives into dough for a snack bread



Quaglie in foglie—quail in vine leaves, wrapped in pancetta and ready to cook for lunch



Foil-baked chicken with prosciutto



Square "pizza" with rosemary and olive breads

Marcella and Victor Hazan show you the best food of Bologna and how to reproduce it at home

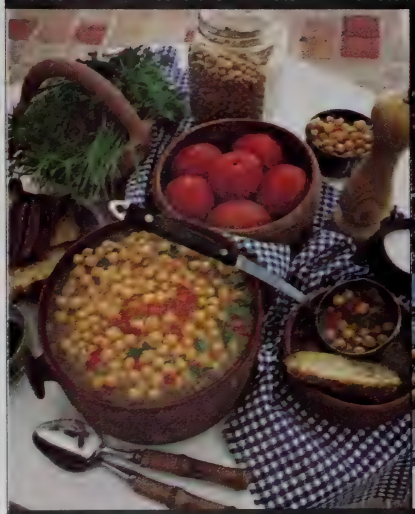


Mr. Hazan leads a tasting

"Something very special happens when people meet in Bologna," says Marcella Hazan, who has been teaching her summer cooking course there for four years. "All background and language differences melt away, and when they leave, students stay in touch; many return to study with me again." And they study hard—"I'm very strict, I demand attention." One effective method, the whistle she uses to announce critical points during a lesson. The hard work has its rewards, though; among them, "charcuterie corner" breaks—they're tastings of delicacies from all of Italy. Afterwards students return to the new kitchen, converted from two carriage houses. The Hazans designed it for practical beauty, blending modern lighting and equipment with the original handmade brick and new handpainted tiles. The old and new of Italy merge further in one of the summer's highlights, a trip to a nearby vineyard, where farmers prepare a feast and everyone dances to the lilting music of the mandolin.



Marcella Hazan tours the markets with her students—Bologna is famous for produce



Chick-pea soup with rosemary to make ahead



Pasta tossed with asparagus, green beans, ham



Menu with ingredient still life by Mr. Hazan



New kitchen from an old carriage house

For recipes, see page 206

DAVID MAMEY

James Beard gives a one-day cooking workshop in a private kitchen

A private lesson and dinner with James Beard is like a holiday—in this case, a romantic one, since the special day was an anniversary present from Leonard Sachs to his wife Barbara. To benefit the Baltimore Museum of Art, Mr. Beard offered his talents at an auction, and Mr. Sachs cast the winning bid. So, early on the appointed day, the three of them, with Mr. Beard's associate Richard Nimmo, chose a dinner menu, then did the marketing; as the pros gave instructions, Mrs. Sachs stuffed the bass, poached the chicken, and readied the pears for baking. Meanwhile, Mr. Sachs kneaded and shaped a loaf of polygrain bread, stirred up the green sauce for the fish, and assembled the salad. "We're still using the tips we learned that day," says Mrs. Sachs, "and the menu has become part of our cooking repertoire. But Mr. Beard's attitude influenced us more than any specific instructions. Now I'm relaxed in the kitchen—he made cooking a pleasure, not a panic."

BEARD



James Beard and the Leonard Sachses prepare first course

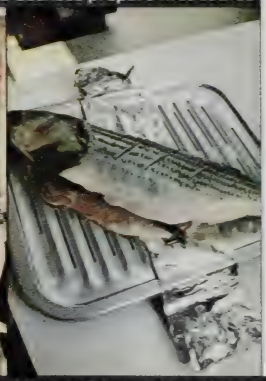




Janeen Sarlin sets out ingredients fo



Measuring the striped bass



Herbed fish ready to grill



Eggplant caviar, crudités with specia



Spinach, cress, and beets



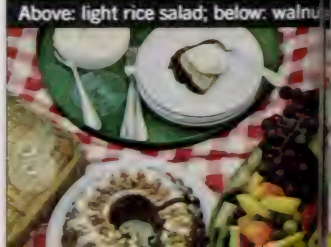
Poached chicken with noodles



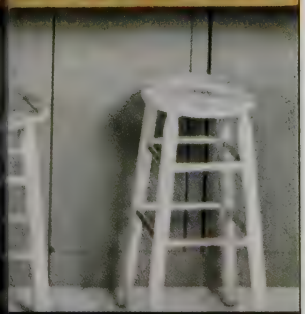
Honey-raisin-nut baked pears



Above: light rice salad; below: walnu







mer supper in her new kitchen



Pastry chef Jorant and president Anne Willan admire students' dessert handiwork

Janeen Sarlin makes entertaining a breeze with summer food that's done ahead

The living *can* be easy in summertime—fresh fruits and vegetables, local fish and poultry are incentives for cooking simply and eating outdoors, and make weekend entertaining a pleasure when you plan it around the bounty. Twice a week in August, Janeen Sarlin teaches small groups on Long Island just how, devising imaginative menus to prepare in advance or assemble quickly. Students are treated to an ocean view through the half moon window in Mrs. Sarlin's newly remodeled kitchen, as they wrap mussels in bacon, stir up eggplant caviar, and dress bass or snapper to poach or stuff. Mrs. Sarlin stresses time-saving techniques —because the cook should be on vacation, too.

For recipes, see page 215



Measuring flour and butter



Just-baked apple tarts



Three-layer cake with glazed berries, marzipan rose

At La Varenne in Paris, French cooking in English translation

Whether you want to cook professionally or just better than you do now, Paris's 3-year-old La Varenne, run by Ann Willan, will dazzle you with its modern equipment and its range of courses all taught by French chefs with simultaneous translation into English. Choose one- or two-week classes like regional French, nouvelle cuisine, cuisine minceur, and pastry (see results of a genoise class under chef Albert Jorant, *above*). Or decide on the works—six to ten weeks of intensive demonstration and practical classes. When class lets out, there could be no better place to test a developing palate!

Cordials to make at home with white alcohols and inventive flavorings

Fresh twist on

BY JULIE DANNENBAUM

Editor's note: As director of the Cigahotels' summer cooking school program in Venice, Julie Dannenbaum has spent the last four summers exploring Italian food. (For details on the program, see page 193.) This past year she found a new taste—fruits marinated in grappa, the Italian spirit distilled from leftover fermented grape pressings, and brought it home with her. Here, she shares the recipes she learned in Venice, and the results of her own experiments using a variety of fruits and white spirits like grappa, vodka, gin, tequila, and white rum.

The ideas for fruit in white alcohol are endless. It seems that every restaurant in Venice has a version to serve at the end of a meal as an offering from the owner. The first one I tasted was grappa with orange and coffee beans at a small country restaurant where we took our class for lunch. The chef, Anna Maria Mauro, was proud of her concoction and invited us to try it. Everyone raved, and she told me how to make it. Then, in the cooking class at the Gritti [the Gritti Palace Hotel in Venice], I had a raspberry one prepared by Chef Celeste, who operates a country restaurant of great esteem outside of Venice called Montello. Next, came an orange-flavored one at a restaurant called Da Ivo. These were all served icy, icy cold in little tall, thin glasses somewhat like vodka glasses. Although grappa is difficult to come by at home, I decided I could try them using clear, white spirits, like vodka. I questioned all the chefs around Venice, and this is how I was told to do it:

Select wide-mouthed jars, jugs, or crocks with lids, or cover tightly with plastic wrap. Chef Celeste gave me this formula for his *raspberry cordial*. Boil together 2 pounds sugar with 1 quart water. Boil 5 minutes, very hard. Cool. Put 2 pounds raspberries in the clean jar, and pour the cool syrup over them. Add 1 quart 90-proof grain alcohol or grappa. Tighten the lid and put into the refrigerator for 3 months. Serve liquid in little glasses or liquid and berries in a small glass cup. It may also be served over ice cream or sherbet. The raspberries float on the top of the liquid for a couple of weeks and later sink to the bottom.

> Homemade fruit cordials make a wonderful dessert served icy cold in tiny glasses. They keep close to forever in the refrigerator getting mellower and smoother all the time

For my version, I used 2 boxes of raspberries, added 2 cups simple syrup, and then poured a bottle of vodka on them. The amount of sugar or the syrup is strictly a matter of taste. Take into consideration the sweetness of the fruit. After the fruit has mellowed for a couple of weeks, open the jar and taste. If not sweet enough, add more sugar and stir to dissolve or add sugar syrup. If too sweet, add more alcohol.

For the *orange and coffee bean* cordial, *right*: Take 3 oranges and cut slits, 3 in each orange, down the sides, well spaced. Insert 3 coffee beans in each slit. Put into a jar and add ¼ cup coffee beans. Add 2 cups simple syrup and a bottle of tequila and seal. Store in refrigerator for 3 months. Ladle the cold liquid into frosted, tiny glasses. The liquid may turn dark from the coffee beans, but no matter. The taste is there.

Once you start, you keep thinking of different fruits to try. You could make a *strawberry*—or a *blackberry*—cordial exactly like the raspberry one.

I put 1 cup *crystallized ginger* into another jar and added 1 cup of sugar, not syrup, to see what would happen. I then poured on a bottle of vodka, and put it away to mellow. Tequila would also be good.

Fresh figs, both green and purple, work well. Use a dozen figs, 1 cup simple syrup, and a bottle of vodka or gin.

Fresh pineapple, peeled and cored and cut into rings, 2 cups simple syrup, and white rum are delicious.

I also made a *Seckel pear* one with a dozen little pears, unpeeled. Prick the skins all over with a needle to allow the liquid to penetrate. Add ½ cup sugar to this and a bottle of vodka.

An excellent drink can be made with a box of *dried prunes* and a handful of *white raisins*. Add 1 cup simple syrup and a bottle of vodka or white rum.

Try *grapes*: Use a mix of black and white grapes and add 2 cups simple syrup and vodka.

A large bunch of *mint*, crushed a little and sweetened with 2 cups simple syrup plus a bottle of white rum would be great for adding to a fresh fruit compote.

Try dried *apricots*, made like the prune drink.

Little *lady apples*, left whole and pricked, would be good, made like the pear drink, but with rum or gin.

How about *cherries* or *kumquats* in sake or vodka for after a Chinese dinner instead of dessert?

Prickly pears might be good in tequila, or *mangos or persimmons*.

With *fresh peaches*, add a handful of almonds in the skin plus vodka or gin.

A good drink for winter would be lots of spiraled zests of *orange*, *lemon*, *grapefruit*, and *lime*, making certain there is no pith. Use a mixture or the zest of each fruit separately with 2 cups simple syrup plus gin or vodka.

Make sure there is enough alcohol to cover the fruits and keep the crocks covered.

Simple syrup: Boil together 2 cups sugar and 2 cups water for 5 minutes. Let cool.

Left: Easy-to-assemble homemade cordial. You might be a little impatient while it mellows in the refrigerator, but you can taste it as it ages to check on its progress. Within days, the orange and coffee flavors will begin to permeate the alcohol. Cut slits through the rind into the flesh with a razor blade and insert at least 3 coffee beans or more to taste.

fruit drinks





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"Parlez-vous Dubonnet?"

DUBONNET APERITIF WINE. PRODUCT OF U.S.A. © 1979 DUBONNET CO., N.Y., N.Y.

continued from page 194

Bread with olives

INGREDIENTS FOR THE "SPONGE"
(first rising)
1½ ounces (3 cakes) compressed fresh yeast or 3 packages dry active yeast
¼ cup lukewarm or hot water, depending on yeast
½ cup plus 1 tablespoon unbleached all-purpose flour
INGREDIENTS FOR THE DOUGH
(second rising)
6 cups unbleached all-purpose flour
1¾ cups lukewarm water
Pinch salt
½ pound pitted black olives, drained
2 teaspoons olive oil

METHOD

☐ Dissolve the yeast in the water in a small bowl, stirring with a wooden spoon. Place ½ cup flour in a larger bowl, add the dissolved yeast, and mix with the wooden spoon until all the flour is incorporated and a small ball of dough is formed. Sprinkle the additional tablespoon of flour over the ball of dough, then cover the bowl with a cotton dishtowel and put it in a warm place away from drafts. Let stand until the dough has doubled in size, about 1 hour.

☐ Arrange 6 cups flour in a mound on a pasta board, then make a well in the flour. Place the sponge from the first rising in the well, along with ½ cup of the lukewarm water and the salt.

☐ Carefully mix together all the ingredients in the well with a wooden spoon, then add the remaining water and start mixing with your hands, absorbing the flour from the inside rim of the well little by little.

☐ Keep mixing until all but 4 or 5 tablespoons of the flour are incorporated (about 15 minutes), then knead the dough with the palms of your hands, in a folding motion, until it is homogenous and smooth (about 20 minutes), incorporating the remaining flour, if necessary, to keep the dough from being sticky. Add the olives to the dough and knead gently for 5 minutes more.

☐ Lightly oil a 10-inch springform. Place the dough in the springform, cover with a cotton dishtowel, and put in a warm place, away from drafts. Let the dough stand until doubled in size (about 1 hour); the time will vary a bit, depending on the weather.

☐ When the dough has doubled in size, remove the towel and immediately place the springform in a preheated 400° oven. Bake the bread for about 60 minutes; do not open the oven door for 30 minutes after you have placed the springform in the oven. Remove the springform from the oven, allow to cool 5 minutes, then open it and transfer the bread to a pasta board.

☐ Stand the bread on one of its sides—it must cool in a very airy room for at least 3 hours before it is at its best.

Pizza with rosemary

INGREDIENTS
½ ounce (1 cake) compressed fresh yeast or 1 package active dry yeast
1 cup lukewarm or hot water, depending on the yeast
2¼ cups unbleached all-purpose flour
Salt, freshly ground black pepper
3 tablespoons olive oil
1 heaping tablespoon rosemary leaves, preferably fresh

METHOD

☐ Dissolve the yeast in the lukewarm or hot water in a small bowl. Place the flour in a mound on a pasta board. Make a well in the flour and pour in the dissolved yeast and a pinch of salt, and then, using a fork, slowly incorporate all but 3 or 4 tablespoons of the flour from the inside rim of the well. At that point the dough should be firm. Knead it for 15 minutes.

☐ Sprinkle the dough with the remaining flour and cover it with a cotton dishtowel; let stand in a warm place until doubled in size (about 1½-2 hours).

☐ When the dough has risen, oil a 15-by-10½-by-1-inch jelly roll pan with a tablespoon of the oil. Place dough in the pan and spread it out with your fingers until it covers the bottom. Sprinkle on the rosemary, salt, lots of freshly ground pepper, and the remaining oil, then cover with a cotton dishtowel and let stand until the dough has risen again to almost double in size (about 1 hour). Bake in a preheated 450° oven about 40-45 minutes, until crisp, then remove from the oven and serve immediately from the pan, cutting it across into slices. Serves 6.

Chicken wrapped in prosciutto

INGREDIENTS
2 tablespoons butter
5 large leaves of sage, fresh or preserved in salt
1 teaspoon rosemary leaves
1 teaspoon marjoram
1 teaspoon salt
¼ teaspoon freshly ground black pepper
1 2-pound chicken, cut into 8 pieces
8 slices prosciutto (about ½ pound)

METHOD

☐ Melt the butter in a small saucepan over a pot of boiling water. Finely chop the sage, rosemary, and marjoram and place in a small bowl. Add melted butter to the chopped herbs, then add salt and pepper and mix ingredients together very well.

☐ Use a pastry brush to coat each piece of chicken with the herb-butter mixture. Wrap each piece of chicken in a slice of prosciutto. Place the chicken pieces on a large sheet of aluminum foil, fitting the whole chicken back together again. Secure the shape of the chicken by wrapping the edges of foil over the top, like a package.

☐ Place the package in a terra-cotta casserole and cover tightly with a lid. Place the casserole in a cold oven and turn the heat to 450°. Bake 1 hour and 45 minutes without opening the casserole. Remove casserole from the oven, let rest covered 5 minutes, then remove the lid. Use scissors to cut from the center of the foil outward in four directions, making a large X. Fold each of the four quarters back from the center to the side of the casserole, making a flower shape. Serve hot. Serves 4.

Stuffed dough pillows

(Panzarotti)
INGREDIENTS FOR THE "SPONGE"
(first rising)
1 ounce (2 cakes) compressed fresh yeast or 2 packages active dry yeast
½ cup lukewarm or hot water, depending on the yeast
½ cup unbleached all-purpose flour
INGREDIENTS FOR THE DOUGH
(second rising)
1¾ cups unbleached all-purpose flour
Salt
INGREDIENTS FOR THE FILLINGS
#1: 2 medium-sized ripe fresh tomatoes or 5 canned plum tomatoes, cut into 20 pieces
4 ounces mozzarella, cut into 20 pieces, 1 inch by 2 inches by ½ inch thick
20 basil leaves, fresh or preserved in salt
#2: 2 tomatoes, as above
10 anchovy fillets, cut in half
#3: 2 tomatoes, as above
20 basil leaves, fresh or preserved in salt
#4: 4 ounces mozzarella, cut as above
20 basil leaves, fresh or preserved in salt
1 pound solid vegetable shortening

METHOD FOR "SPONGE"

☐ Dissolve the yeast in the water in a small bowl, stirring with a wooden spoon. Place the flour in a larger bowl, add the yeast, and mix with the spoon until all the flour is incorporated. Cover the bowl with a cotton dishtowel and put it in a warm place away from drafts. Let stand until doubled in size, about 1 hour.

METHOD FOR DOUGH

☐ Arrange the flour in a mound on a pasta board. Make a well in the flour and place the sponge from the first rising in the well, along with a pinch of salt and ½ cup lukewarm water. Use a wooden spoon to carefully mix together all the ingredients in the well, then start mixing with your hands, absorbing the flour from the inside rim of the well little by little. Keep mixing until all but 4 or 5 tablespoons of the flour are

Continued on next page

Bread with olives, pizza with rosemary, and ricotta soufflé reprinted by permission of Times Books from *The Fine Art of Italian Cooking* by Giuliano Bugialli. Copyright © 1977 by Giuliano Bugialli



Rice makes any meal more appealing, more delicious and more economical. It's a great extender. And, you can use rice in almost anything—casseroles, soups, salads, even desserts.

So tonight, or anytime you want a simple-to-make, good-tasting meal—remember rice. Then see what's hiding in your cupboard.

Simply Elegant Steak and Rice

1½ pounds tenderized boneless beef round steak
1½ tablespoons vegetable oil
2 large onions, cut in ½-inch slices and separated into rings
1 can (4 ounces) sliced mushrooms (drain; reserve liquid)
1 can (10¾ ounces) condensed cream of mushroom soup
½ cup dry sherry
1½ teaspoons garlic salt
3 cups hot cooked rice

Cut steak into thin strips. In a large skillet (oven-proof, if desired), brown meat in oil, using high heat. Add onions. Saute until tender crisp. Blend soup, sherry, liquid from mushrooms, and garlic salt. Pour over steak. Add mushrooms. Reduce heat, cover, and simmer for 1 hour or until steak is tender. (Or cover and bake at 350°.) Serve over beds of fluffy rice. Makes 6 servings.

For more easy-to-make rice recipes, write to:
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Box 22800, Houston, Texas 77027

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Get the Rice out.

Rice Council of America

continued from preceding page

incorporated, then knead the dough with the palms of your hands, in a folding motion, until it is homogenous and smooth, about 10 minutes. Form dough into a ball, cover with a cotton towel, and allow to double in size. When doubled, roll out dough with a rolling pin into a sheet ⅛-inch thick.

METHOD FOR ASSEMBLY

(Use one of the fillings listed above)

☐ Lay out the sheet of dough. Starting 2 inches from the top and side edges, begin a widthwise row of portions of filling, each one 2 inches from the neighbor. Each portion contains 1 piece of each ingredient of that filling. Carefully pick up top end of dough sheet and fold it over the first row of fillings. Quickly press down around the fillings. Cut into squares with a pastry wheel. Repeat the same procedure until 20 panzarotti are formed. This should use the entire sheet. Lay the panzarotti on a floured cotton towel, cover with another towel, and allow to rise again.

☐ Heat the shortening in a deep-fat fryer. When hot, put in the panzarotti, a few at a time, and cook until golden brown on both sides, about 1 minute per side. Remove panzarotti with a strainer-skimmer and place them on a serving dish lined with paper towels. Repeat the procedure until all the panzarotti are cooked, then remove paper towels from the bottom of the dish and sprinkle panzarotti with just a pinch of salt. Serve hot. Makes 20 panzarotti.

Quail wrapped in grape leaves

INGREDIENTS

4 grape leaves, fresh or preserved in brine, stems removed
4 quail, cleaned but left whole
4 leaves of sage, fresh or preserved in salt
Salt, freshly ground pepper
4 slices pancetta (unsmoked Italian bacon), sliced 1/16-inch thick
¼ cup olive oil
1 small red onion, coarsely chopped
¾ cup dry white wine
½ cup chicken or meat broth

METHOD

☐ Soak the grape leaves in cold water for about 30 minutes, changing the water every 5 minutes. If the preserved leaves are especially briny, you can remove the salt more effectively by blanching them for 30 seconds instead of soaking. Pat each leaf dry with paper towels to remove excess moisture.

☐ Stuff each quail with a sage leaf and put a pinch of salt and pepper in the cavity. Wrap each quail in a grape leaf, then wrap a slice of pancetta around that. Tie each bird with string like a package.

☐ Heat oil in a saucepan. When hot, add

Continued on page 20

18 little-known things you can do with your microwave. And one well-known friend to help you. Corning.

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And in your freezer.

At your table.

And in your dishwasher.

Microwave may help you make the most of your time.

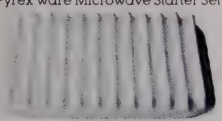
But Corning can help you make the most of microwave.



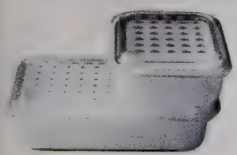
Corning Ware 5-Piece Microwave Set



Pyrex ware Microwave Starter Set



Corning Ware Microwave Rack



Corning Ware Fast Food Dishes



Corning Ware 10" Covered Cooker with Built-in Rack

CORNING



Brown and sear steaks perfectly on a Corning Ware Microwave Browning Grill.



Hot oatmeal for one takes 1 minute in a Corning Ware Grab-It.™



A garden of vegetables from microwave to table in 4 mins. on a Pyrex Cook 'n Serve Tray.



Frozen entrees fit perfectly in the Corning Ware Microwave Fast Food Dish.



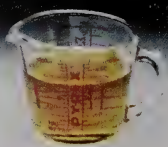
Cook frozen vegetables without water in a 1 qt. Corning Ware casserole. 5 minutes.



Meat-loaf in Pyrex Microwave Ring Mold takes only 11 minutes. Looks great.



For juicier barbequed chicken, pre-cook in microwave for 12 minutes. Use a Corning Ware roaster.



Boil 3 tbsp. vinegar in cup of water for odor-free microwave oven. Takes 1 minute.



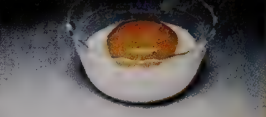
Hot, buttered corn with no mess in a Corning Ware skillet. 7 minutes.



Shrimp come out crisp, tender and beautiful in Pyrex ware Fireside bowl.



Reheat a latecomer's dinner right on a Corelle livingware dinner plate.



Cook an egg in 30 seconds in a Pyrex ware custard cup.



Artichokes from raw to cooked in 14 minutes in a Corning Ware casserole.



For bacon that goes crunch, cook on a Corning Ware Microwave Rack.



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Crisp up limp potato chips in a Pyrex ware bowl. 1 minute.



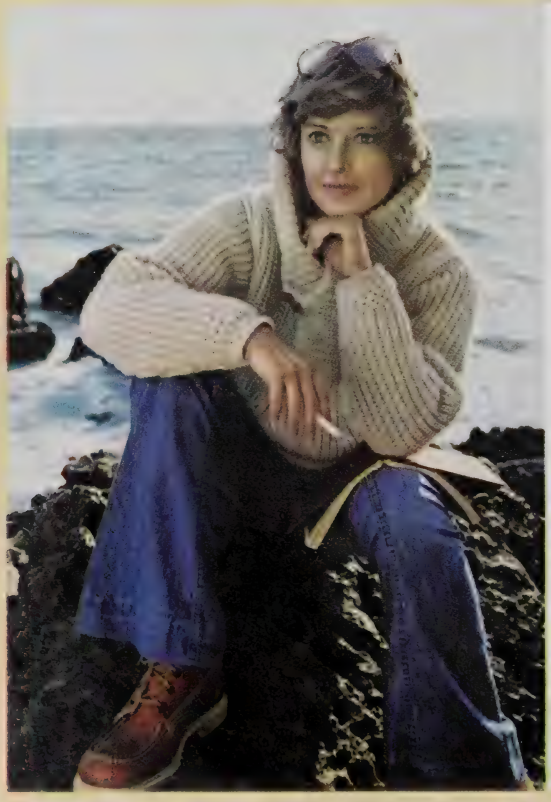
Melt cheese on taco chips for quick, hot hors d'oeuvres. Use Corelle livingware platter.



This symbol on a Corning package means ideal for microwave.

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Giuliano Bugialli recipes
continued from page 202

onions and sauté until translucent, about 5 minutes. Place quail in saucepan, sprinkle with a pinch of salt and pepper, and sauté until light golden brown all over. Add the wine, cover the pan with a lid, and let simmer over medium low heat 15 minutes. Add broth, a few tablespoons at a time, replacing lid after each addition. It is important to add the broth slowly so the birds continue to sauté. If all the broth were added at once, the quail would be boiled. When all the broth has been added, about 25 minutes, the quail should be tender. Remove string from the quail, place them on a serving dish, and pour the pan sauce over them. Serve hot. Serves 4.

Ricotta soufflé

INGREDIENTS

3 tablespoons mixed glacéed fruit
1 cup milk, heated to lukewarm
15 ounces ricotta
1 orange
4 eggs
2 tablespoons all-purpose flour
11 tablespoons granulated sugar
Butter

METHOD

☐ Soak the glacéed fruit in a bowl with the lukewarm milk for 20 minutes, then drain. Drain the ricotta in a piece of cheesecloth to remove excess liquid, then place in a bowl. Grate the orange peel into the ricotta.

☐ Separate 3 of the eggs and add the yolks and remaining whole egg to the ricotta and mix thoroughly. When the mixture is homogenous, add the flour, 7 tablespoons sugar, and the drained glacéed fruit. Mix very well with a wooden spoon for 3-4 minutes.

☐ Beat the egg whites with a whisk until they are stiff, then very gently fold into the ricotta mixture. Pour the mixture into a buttered and sugared soufflé dish 8½ inches in diameter and place it in a preheated 375° oven for 45 minutes. Remove the dish from the oven, turn it upside down and unmold it on a serving dish (it will collapse and is supposed to), and serve hot. Serves 6. ■

James Beard recipes
continued from page 196

Broiled striped bass

INGREDIENTS

1 6-pound striped bass (have fish market remove backbone, but leave head and tail intact)
1 onion, thinly sliced
1 bunch dill, chopped
1 bunch parsley, chopped
Peanut oil
Freshly ground pepper
Sauce verte (recipe below)

METHOD

☐ Measure the fish at the thickest point, from back to belly—you will cook the fish 10 minutes per inch. Wash the fish, then stuff with the onion slices and herbs. Rub the exterior of the fish with peanut oil and sprinkle with pepper.

☐ Cut a piece of aluminum foil 2 feet long and 9 inches wide. Fold it into thirds as you would a letter to make a "bandage." Place this piece of foil on the baking pan, then place fish across the foil. Let the ends of the foil hang over the pan to help you flip the fish during cooking. Trim the tail if the fish does not fit the pan. Cut three slashes on the broilling side of the fish —do not cut all the way through. Place under a preheated broiler and broil ½ of the calculated time. Turn the fish, make three slashes on the other side, and continue broiling. Serve with sauce verte. Serves 6.

Sauce verte

INGREDIENTS

1 whole egg
1 egg yolk
1½ cups olive oil
1 cup mixed fresh herbs, chopped (garlic, scallions, dill, chives, tarragon, watercress)
1-2 tablespoons lemon juice, or to taste
Salt, freshly ground pepper
Dijon mustard to taste

METHOD

☐ Combine the egg and egg yolk in the work bowl of a food processor. Process briefly to blend well. Then, with the motor running, slowly add the oil in a steady stream until it is incorporated and the mixture is smooth. Stir in the herbs, lemon juice, salt, pepper, and mustard to taste. Makes 1½ cups sauce.

Poached chicken

INGREDIENTS

1 large carrot, scraped
1 medium onion
2 garlic cloves, peeled
1 leek, green parts only
1 chicken gizzard
Chicken backs, breastbones, and wings (enough to equal 3 pounds)
1 teaspoon thyme
1 7-pound roasting chicken, trussed
Cream sauce (recipe below)

METHOD

☐ Place carrot, onion, garlic, leek greens, chicken gizzard, bones (do not add the wings yet), and thyme in 3 quarts cold water. Make sure all ingredients are covered with water and bring to a boil. Boil 5 minutes, then skim off any scum from the surface. Let the broth boil gently 1 hour or longer.

☐ Remove chicken bones from broth and place the trussed chicken in the pot. Add chicken wings, folded and tucked, to the broth. Bring to a boil, baste chicken with broth, and let barely simmer, partially covered, 45-60 minutes. Remove from heat when tender, but leave chicken in broth to keep warm. Carve the chicken into serving pieces and serve with cream sauce. Serves 6.

Cream sauce

INGREDIENTS

4 tablespoons butter
4 tablespoons flour
Salt, freshly ground pepper
½ teaspoon nutmeg
2 cups chicken broth
¼ cup heavy whipping cream
2 egg yolks

METHOD

☐ Melt butter in a heavy pan over medium heat, then slowly stir in flour, a dash salt and pepper, and nutmeg. Cook the roux, stirring, 3-5 minutes—do not let it take on any color.

☐ Slowly add the chicken broth to the roux, mixing all the while. With a fork, mix together the cream and egg yolks in a bowl. Stir 2 teaspoons of the hot roux mixture into the cream and yolks, then whisk the egg mixture back into the roux and broth over medium heat. Whisk until smooth, then serve with chicken. Makes 2 cups sauce.

Yogurt and mustard dressing

INGREDIENTS

1 cup plain yogurt
1 heaping tablespoon Dijon mustard
2 tablespoons oil
Freshly ground pepper
1 scant tablespoon tarragon vinegar
Chopped parsley

METHOD

☐ Mix together in a bowl the yogurt, mustard, oil, pepper, vinegar, and parsley for color. Whisk until smooth. Makes 1 cup dressing.

Baked pears

INGREDIENTS

3-5 slices white bread
4 tablespoons butter
2 tablespoons vegetable oil
6-8 Anjou or Comice pears (or use McIntosh or Rome Beauty apples)
½ cup pecans
½ cup white raisins
½ cup honey
½ teaspoon vanilla

METHOD

☐ Use a biscuit cutter or rim of a small glass to make rounds from white bread. Melt butter and oil in a skillet, add bread rounds, and sauté until lightly browned on both sides. Drain on absorbent toweling. *(Continued on next page)*

Revere Ware takes what life dishes out. Beautifully.

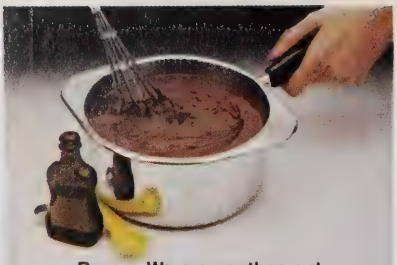
Day after day, Revere Ware takes the heat of the kitchen stove, the dousing of the dishwasher, the falls to the floor. Everything life in the kitchen dishes out.

And it takes it beautifully. But best of all, it keeps on dishing up beautifully and evenly cooked meals—time after time. The secret is Revere Ware's superior craftsmanship and construction.

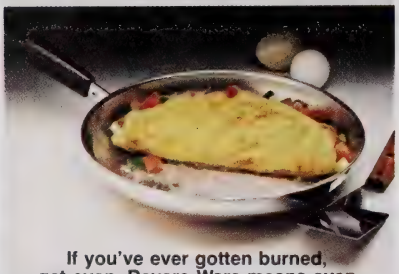
Whether you choose Revere Ware's traditional stainless steel cookware with copper bottoms or our newest line with stainless steel bottoms and a carbon steel core, you can count on quick, even heat distribution. And polished 18/8 stainless steel provides the strength to take whatever life dishes out—beautifully.

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The Revere Ware that whistles while it works.



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No brushing after meals. Revere Ware stainless steel cookware's so easy to clean.

James Beard recipes
continued from preceding page

☐ Cut a small piece off the bottom of the pears so they stand straight, then core them, working from the bottom up, to about the inner center of each pear. Leave the stems on.

☐ Chop the pecans and raisins coarsely in a food processor or by hand. Mix well with the honey and vanilla and fill the pears with the mixture. Place bread rounds on the bottom of an oiled baking dish, then put a filled pear on top of each round. Bake in a preheated 350° oven 25 minutes. Serves 6-8. ■

Marcella Hazan recipes
continued from page 195

Tortellini filled with parsley and ricotta

INGREDIENTS

⅓ cup parsley, finely chopped (use Italian parsley if available)
1¼ cups fresh ricotta
1½ cups freshly grated Parmesan cheese
Salt
1 egg yolk
¼ teaspoon nutmeg
2¼ cups all-purpose flour
3 whole eggs
1 tablespoon milk
1 tablespoon olive oil
⅔ cup heavy cream
3 tablespoons butter

METHOD

☐ Combine parsley, ricotta, 1 cup Parmesan, ½ teaspoon salt, the egg yolk, and nutmeg in a mixing bowl and mix well with a fork. Taste and correct for salt, then set aside.

☐ Pour out the flour on the working surface, shape it into a mound, and make a well in the center of the mound. Put the whole eggs in the well and add the milk. Beat the eggs lightly with your fingers or with a fork for a minute or two. Start mixing flour into the eggs with a circular motion, drawing the flour from the inside wall of the well. Use one hand for mixing, the other for supporting the outside wall of the well, lest it collapse and let the eggs run through. When the eggs cease to be runny, tumble the rest of the flour over them, and, working with palms and finger tips, push and squeeze the eggs and flour until they are a well-combined but somewhat crumbly paste. If the eggs were very large, or had exceptional flour-absorption qualities, the mass may be on the moist and sticky side. Add as much flour as the mass will absorb without becoming dry, but do not exceed ¾ cup of flour per egg.

☐ Set the egg and flour mass to one side and scrape off every last crumb of cake

Continued on page 20

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Cream Cheese Brownies*

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- 1 package (4 oz.) BAKERS® GERMAN'S® Sweet Chocolate
- 5 tablespoons butter or margarine
- 1 package (3 oz.) cream cheese, softened
- 1 cup sugar
- 3 eggs
- 1 tablespoon all-purpose flour
- 1½ teaspoons vanilla
- ½ teaspoon CALUMET® Baking Powder
- ¼ teaspoon salt
- ½ cup all-purpose flour
- ½ cup coarsely chopped nuts

Melt chocolate and 3 tablespoons of the butter in a small saucepan over very low heat, stirring constantly. Cool. Blend remaining butter with cheese until softened. Gradually add ¼ cup of the sugar, beating well. Blend in 1 egg, 1 tablespoon flour and ½ teaspoon vanilla. Set aside.

Beat remaining 2 eggs until thick and light in color. Gradually add remaining ¾ cup sugar, beating until thickened. Add baking powder, salt and ½ cup flour. Blend in cooled chocolate mixture, nuts and 1 teaspoon vanilla. Spread about half of the chocolate batter in greased 8- or 9-inch square pan. Add cheese mixture, spreading evenly. Top with tablespoonfuls of remaining chocolate batter. Zigzag a spatula through batter to marble. Bake at 350° for 35 to 40 minutes, or until top springs back when lightly pressed in center. Cool. Cut into bars or squares. Makes 16 to 20.

*For more "Coffee Break" recipes, send your name and address to: Coffee Break Recipe Offer, P.O. Box 3064, Kankakee, Ill. 60901

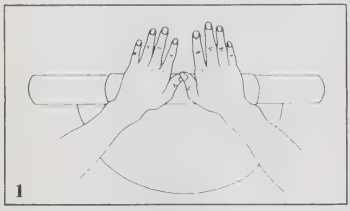
CLIP AND SAVE

continued from page 206

flour from the working surface and from your hands. Wash and dry your hands. Knead the mass, pressing against it with the heel of your palm, folding it over and turning it again and again. After 8-10 minutes it should be a smooth, compact, and elastic ball of dough. Divide dough in half and pat each into a flat round. Keep one half covered between 2 soup plates while you work with the other.

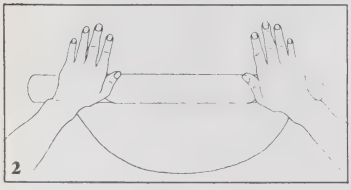
☐ Dust the work surface lightly with flour. Open out the ball of dough with the rolling pin, starting to roll at about ⅓ of the way in on the ball, rolling forward, away from you. Rotate the dough ¼ turn after every roll so that it opens out into an even, circular shape. As it begins to flatten out, gradually lessen the degree of rotation after each roll, but don't lose control of the shape. It must stay as round as possible. Don't press the dough against the work surface. Roll it out and away, without putting weight on it. Stop when you have rolled out a sheet ⅛-inch thick.

☐ Curl the far end of the pasta sheet around the center of the rolling pin, roll it

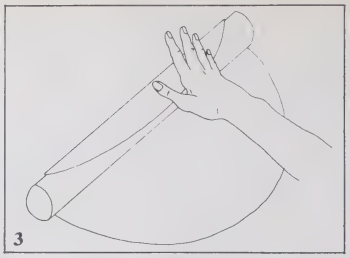

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toward you, with both your palms cupped over the center of the pin (1). When you have rolled up about a quarter of the sheet, don't roll up any more. Quickly roll the pin backward and forward, and at the same time slide the palms of your hands away from each other and toward the ends of the rolling pin, dragging them against the

LYNN REITTER


2

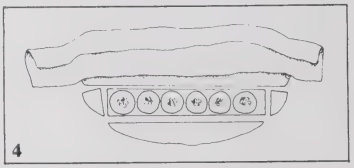
surface of the pasta (2). Roll up some more of the sheet, quickly roll backward and forward while repeating the same stretching motion with the palms of your hands. By the time the sheet is completely rolled up, you should have repeated the stretching motion 12-14 times in 8 seconds or less. (3) Turn the pin so it lies at a 45° angle to edge of table and unroll dough from pin. When repeating rolling and stretching motion, start rolling dough around pin with it held parallel to table edge. Flatten out any bumps or creases, and even off the edges with the rolling pin. If the dough is sticky, dust


3

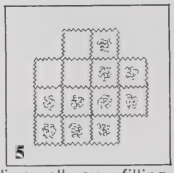
very lightly with flour from time to time. Repeat the same rolling up and stretching operation several times, until the pasta is almost paper thin and transparent. The entire step must be carried out in not much more than 8 minutes, otherwise the pasta will dry.

☐ Fold the sheet of pasta dough loosely 2 or 3 times, leaving a few inches of it not folded up. Keeping the rest of the dough under a towel, cut a continuous strip 2½ inches wide from the unfolded part. Trim the strip so that it is perfectly straight. (Let trimmings dry to use in soup.)

☐ Cut the strip into disks about 2½ inches in diameter (4). Or cut dough sheet in 1½-


4

inch squares with a rolling dough cutter (5). Put about ¼ teaspoon of the parsley-ricotta filling in the center of each disk or square and fold in half. Fold


5

each square in half diagonally over filling. The upper edges should not quite meet the lower, but should stop about ⅛-inch short. Press down firmly to seal the sides. Pick up the semicircle or triangle at one end of its long side, holding it between your thumb and index finger with the tip of the half-circle or triangle pointing upward. Grasp the other end with the other hand and wrap the base around the index finger of the first hand until the two ends meet. Press them firmly together (6). As you are folding the dumpling around your finger, make sure the peaked part doesn't hang down. Force it


6

to fold toward you so that, as you close the dumpling, its peak points in the same direction as your fingertip.

☐ As you make the dumplings, set them out in neat rows on a dry, clean towel. You must use these tortellini the same day you make them, as the parsley and ricotta filling will not keep.

☐ Bring 4 quarts of water with 1 tablespoon olive oil to a boil. Add 2 tablespoons salt, then drop in the tortellini.

While the tortellini are cooking, choose an enameled cast-iron or other flameproof cook-and-serve pan that will later accommodate all the tortellini without stacking them too high. Put in half the cream and all the butter and simmer over moderate heat for less than a minute, until the cream and butter have thickened. Remove from the heat.

☐ When tortellini are done—within 5 minutes after the water returns to a boil—transfer them with a large slotted spoon or colander to the pan with the cream and butter and turn the heat on to low. Turn the tortellini to coat them all with the sauce. Add the rest of the cream and ½ cup grated Parmesan and continue turning the tortellini until they are evenly coated, and all the cream has thickened. Serve the tortellini immediately from the same pan with a bowl of grated cheese on the side. Serves 4-6.

Chick-pea soup

INGREDIENTS

¾ cup dried chick-peas or 2 16-ounce cans chick-peas
4 whole cloves garlic, peeled
⅓ cup olive oil
1½ teaspoons rosemary leaves, crushed almost to a powder
⅔ cup canned Italian tomatoes, roughly chopped, with their juice
1 cup homemade meat broth or 1 bouillon cube dissolved in 1 cup water
Salt, if necessary
Freshly ground pepper, about 4 twists of the mill

METHOD

☐ If you are using dried chick-peas, you must first soak them overnight. Put them in a large enough bowl, add water to cover by 2 inches, and let them soak all night in a warm corner of the kitchen. (Over the gas pilot would be an excellent place, but do not use a plastic bowl.)

☐ Discard the water in which the chick-peas have soaked, put them in a medium-sized stockpot, add enough water to come up 1 inch above the chick-peas (do *not* add salt), and bring them to a boil on top of the stove. Cover tightly and cook in the middle level of a preheated 325° oven 1½ hours, or until the chick-peas are tender. Let cool and skin the chick-peas if you wish by rubbing between your fingers.

☐ Sauté the garlic cloves in the olive oil in a heavy casserole over medium-high heat. When the garlic is well browned, remove it. Add the crushed rosemary leaves to the oil, stir, then add the chopped tomatoes with their juice. Cook over medium heat for about 20-25 minutes, or until the tomatoes separate from the oil.

Continued on page 212

ADVICE TO WOMEN BORED BY THE SAME OLD DRINKS.

—FROM A WOMAN WHO KNOWS



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continued from page 208

☐ Add the drained chick-peas and cook for 5 minutes, turning them in the sauce. Add the broth or the dissolved bouillon cube, bring to a boil, cover, and keep at a steady, moderate boil for 15 minutes or less, if you are using canned chick-peas. Taste and correct for salt, add freshly ground pepper, and allow to boil about 1 minute more, uncovered. Serve hot. Serves 4-6.

☐ *Note:* If you are making the soup ahead of time, add the salt and pepper when you warm it up.

Small macaroni with asparagus, cream, and ham

INGREDIENTS

1½ pounds fresh asparagus, trimmed, peeled, and blanched
Salt
1-pound package maccheroncini, penne, or other smooth, short tubular pasta
6 ounces boiled unsmoked ham cut into long strips ¼-inch wide
2 tablespoons butter
1 cup heavy whipping cream
Freshly grated Parmesan cheese

METHOD

☐ Cut 1 inch or more off the butt end of each asparagus, until you reach the moist, tender part of the stalk. Pare away the tough green skin from the whole lower half of the stalk to a depth of about 1/16 inch. Remove any small leaves sprouting below the tip of the spear. Wash all the asparagus in cold water.

☐ Choose a pan long or broad enough to accommodate all the asparagus lying flat. Put in 2 inches water and 1 tablespoon salt. Place over medium high heat. When the water boils, slip in the asparagus and cover the pan. Cook 4-8 minutes after the water returns to a boil, depending on the freshness and thickness of the asparagus. It should be cooked until tender but still firm.

☐ Drain the asparagus. When cool enough to handle, cut off the spear tips at their bases and cut the rest of the stalks into lengths of about ¾ inch. Discard any parts of the stalks that are still woody and tough. Set aside all the rest for later.

☐ Bring 4-5 quarts water to a boil, add salt, and when the water resumes boiling, put in the pasta.

☐ Put the ham and 1 tablespoon butter into a small sauté pan. Cook gently over medium-low heat 2-3 minutes. Do not crisp the ham.

☐ Wipe dry the pan in which you cooked the asparagus. Put in the remaining 1 tablespoon butter and set the pan over medium heat. As soon as the butter is completely melted, but before it begins to foam, put in the asparagus. Turn the heat to high and cook for 30-40 seconds, long enough to turn all the asparagus in the butter.

☐ Add the ham to the asparagus, put in the cream, and set the pan over medium high heat. Stir constantly for about 30 seconds, or until the cream thickens. Remove from the heat. Taste and correct for salt.

☐ When the pasta is cooked *al dente*, drain it well, and transfer to a warm serving bowl. Add the asparagus mixture to the pasta. Toss thoroughly, mixing in ⅔ cup grated cheese. Serve at once, with additional grated cheese available on the side. Serves 4-6.

☐ *Note:* Though not traditional, you can add green beans to cook with the asparagus: ½-pound green beans, trimmed into 2-inch lengths, blanched 3-5 minutes (optional).

Sautéed diced eggplant

INGREDIENTS

2 medium eggplants (about 3 pounds)
Salt
1 teaspoon garlic, finely chopped
5 tablespoons olive oil
2 tablespoons parsley, finely chopped
Freshly ground pepper, about 6 twists of the mill

METHOD

☐ Peel the eggplants and cut into 1-inch cubes. Put them in a colander and sprinkle liberally with salt. Toss and turn the eggplant cubes so that there is some salt on all of them. Allow to stand for at least 30 minutes, draining the eggplant of as much of its excess liquid as possible. Remove from the colander and blot with a paper towel.

☐ Sauté the garlic with 4 tablespoons olive oil in a skillet over medium heat until it colors lightly. Add the eggplant pieces, turning them frequently. At first the eggplant will absorb all the oil. Don't panic—turn the pieces rapidly and keep shaking the pan. Add 1 more tablespoon of oil after 5 minutes. (You will not need any more oil, because as the eggplant cooks the oil will reappear on the surface.) After 10 or 12 minutes, add the chopped parsley and stir it well. Add the pepper and continue cooking until the eggplant is tender but firm, about 30 minutes. Taste and correct for salt; then spoon into a warm platter and serve. Serves 4-6.

Note: You can prepare the dish entirely ahead of time and when cool, refrigerate in its cooking juices, under plastic wrap. When reheating, put it in a skillet (no additional oil is required) and warm it slowly over medium-low heat.

Pan-roasted squab

INGREDIENTS

4 fresh squab, about 1 pound each, cleaned and plucked
2 dozen medium, dried sage leaves (if using fresh leaves, add 6 more)
4 strips pancetta, 1½ inches long, ½ inch wide, and ¼ inch thick
Salt, freshly ground pepper
3 tablespoons butter
2 tablespoons vegetable oil
⅔ cup dry white wine

METHOD

☐ Reserve the squab livers but discard the hearts and gizzards (or hold them for a risotto). Wash the squab in cold running water and pat dry thoroughly inside and out. Stuff the cavity of each bird with 2 sage leaves, 1 strip pancetta, and 1 liver, and season with 2 pinches of salt and a twist of pepper.

☐ Heat the butter and oil over medium-high heat in a skillet large enough to hold all the squab. When the butter foam subsides, add the remaining sage leaves and then the squab. Brown the squab evenly on all sides and season with salt and pepper. Add the wine. Turn the heat to high, allowing the wine to boil briskly for 30-40 seconds. While the wine is bubbling, turn and baste the squab, then lower the heat to medium-low and cover the skillet. Turn the birds every 15 minutes. They should be tender and done in 1 hour.

☐ Transfer the squab to a warm platter. (If you are serving ½ bird per person, halve them with poultry scissors.) Tip the pan and draw off some of the cooking fat with a spoon. Add 2 tablespoons warm water, turn the heat to high, and while the water evaporates, scrape up and loosen any cooking residue in the pan. Pour over the squab and serve. Serves 4-6.

Torta ricciolina

INGREDIENTS FOR FILLING

1½ cups almonds, blanched, peeled, and dried
⅓ cup citron
½ cup plus 1 tablespoon sugar
1 teaspoon cocoa
Zest of 1 medium lemon, grated
¼ pound (1 stick) butter, cut into small pieces
5 tablespoons dark rum

INGREDIENTS FOR SWEET EGG PASTRY

1½ cups flour
⅓ cup sugar
6 tablespoons butter
2 egg yolks
Pinch salt

INGREDIENTS FOR TAGLIARINI

2 eggs
1¼ cups flour

METHOD FOR FILLING

☐ Pass the almonds, citron, and ½ cup sugar through a meat grinder or food processor until the texture is granular. Mix in the cocoa and lemon zest. Reserve 4 tablespoons of the mixture, then divide the rest in half an set aside.

METHOD FOR SWEET EGG PASTRY

☐ Sift the flour and sugar together into a bowl, then add the butter, egg yolks, and salt. Mix together with your fingers or

Continued on page 214



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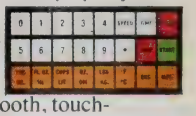
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Marcella Hazan recipes
continued from page 212

fork until the mixture is crumbly. Turn out onto a work surface and knead until the dough is smooth, 5-6 minutes. Roll the dough out into a circle 12-13 inches in diameter. To make transferring it to the pan easier, roll out dough on a lightly floured sheet of cardboard or kitchen parchment. Transfer the pastry to a buttered and lightly floured 10-inch springform, covering the bottom and letting it come up the sides. Smooth it with your fingertips, pressing down and thinning any thick folds.

METHOD FOR TAGLIARINI

☐ Combine the eggs and flour as directed in the first step of the tortellini recipe. Knead the dough by hand several minutes, then finish kneading with a pasta machine, feeding the dough through the narrow blades (between 0 and 1 on an electric pasta machine). When the dough is thoroughly thinned out, cut it with the smallest cutter and place the pasta on a dry towel.

METHOD FOR ASSEMBLY

☐ Layer some of the (raw) pasta on top of the dough in the springform. Sprinkle ½ of the almond mixture over the pasta, then sprinkle part of the butter pieces over that. Make another layer of pasta, almond mixture, and butter, then place the rest of the pasta on top. Sprinkle the reserved 4 tablespoons of almond mixture and 1 tablespoon sugar over it. Place the springform on the upper rack of a preheated 375° oven 15 minutes. After 15 minutes, cover the top with a round of buttered wax paper and continue baking 25 minutes. Remove springform from the oven, remove the wax paper round, and immediately sprinkle the rum over the cake. Let the cake cool thoroughly, remove from the springform, and serve the following day. ■

Janeen Sarlin recipes
continued from page 197

Caviar d'aubergine

INGREDIENTS

1 large eggplant (reserve leaves if you have them from the garden)
1 large Bermuda onion, peeled and chopped
1 cup olive oil
1 tablespoon salt
2 teaspoons black pepper
1 medium green pepper, roasted, peeled, and chopped
1 medium red pepper, roasted, peeled, and chopped
½ cup parsley, chopped
Juice of 1 lemon
3 small-medium ripe tomatoes, halved
3 small-medium zucchini, halved

METHOD

☐ Prick the skin of the eggplant with a fork in several places. Place on the top rack of a preheated 500° oven and bake until soft, about 45-50 minutes. While the eggplant is still warm, use a wooden spoon to remove pulp from skin and place in a large glass or wooden bowl. Add onion and, mixing constantly, pour in olive oil, bit by bit, until the mixture is smooth. Add more oil if necessary. Season highly with salt and pepper. Cover and chill thoroughly.

☐ When the mixture is cold, add green and red peppers, parsley, and lemon juice to taste. Blend well.

☐ Scoop the flesh out of the tomatoes and turn them upside down to drain on paper towels. Refrigerate.

☐ Scoop the flesh out of the zucchini, salt the hollowed halves, and turn them upside down to drain on paper towels.

☐ Place a washed eggplant leaf and a zucchini and tomato half on a small plate. Stuff the tomato and zucchini with the eggplant caviar. Garnish with parsley. Serves 6.

Suzy's dip for crudités

INGREDIENTS

1 teaspoon salt
½ teaspoon celery salt
¼ teaspoon pepper
⅛ teaspoon nutmeg
1 10-ounce package frozen chopped spinach, thawed and pressed dry
1 cup sour cream
½ cup mayonnaise
½ cup parsley, chopped
½ cup onion, minced
Dash lemon juice

METHOD

☐ Combine all ingredients in a bowl, mix well, and chill, covered, in the refrigerator 4 days to let flavors blend. Bring to room temperature before serving. Makes about 2 cups of dip.

Rice salad

INGREDIENTS

1 tablespoon salt
2 cups rice
3-4 tablespoons olive oil
Salt, pepper
1 large green pepper, chopped
1 medium Spanish onion, chopped
1 large tomato, peeled and chopped
½ cup parsley, chopped
¼ cup fresh basil, chopped
1 cup homemade mayonnaise (optional)

METHOD

☐ Pour rice into a large pot of boiling salted water. Stir once and cook, uncovered, 11 minutes until rice is nearly tender.

☐ Drain rice and rinse in a colander. Set the colander back over the pot filled with a small amount of water and return to the stove. Place lid over rice and steam 20-25 minutes or until tender. Remove rice and place in a large bowl. Toss with oil, salt, and pepper to taste and let cool.

☐ When rice is cool, add pepper, onion,



tomato, and herbs, toss gently, then chill thoroughly. Just before serving, taste and adjust seasoning. Serve with homemade mayonnaise, if you wish. Serves 6.

Roast chicken with carrots

2 2½-3-pound or 1 6-pound chicken
1 lime
Sea salt, pepper
6-8 small-medium carrots with tops, washed, scraped, and dried
3-4 sprigs summer savory
1 tablespoon carrot top, chopped
5-6 scallions, washed and sliced

METHOD

☐ Wash chicken and pat dry. Rub inside and out with cut lime halves, sprinkle with salt and pepper inside and out.

☐ Slice carrots thinly and place inside chicken with the savory, chopped carrot top, and scallions. Drizzle lime juice over the vegetables and outside of chicken. Truss chicken, place in baking pan lined with 2-3 whole carrot tops. Sprinkle sea salt over chicken, roast in a preheated 375° oven 1½ hours, until juices run clear when thigh is pierced with a fork.

☐ Remove chicken from oven and let rest 20 minutes. Place a "bed" of carrot tops on a serving platter, then put the chicken on top. Carve into serving pieces at the table and serve with the carrot, herb, and scallion "stuffing." Serves 6.

☐ *Note:* You may also grill the chicken. Cut it into quarters, place carrots, onions, and herbs under skin of chicken, baste with honey and lime juice while grilling (½ cup honey, 2 tablespoons lime juice).

Walnut cake

INGREDIENTS

½ pound butter
3 scant cups sugar
6 eggs, separated
1 teaspoon vanilla extract
3 cups cake flour, sifted
¼ teaspoon baking soda
½ teaspoon salt
1 cup sour cream
1 cup walnuts, finely chopped
Confectioners sugar

METHOD

☐ Cream the butter and sugar together in a bowl until light and fluffy. Add egg yolks, one by one, and beat well after each addition. Add vanilla to the mixture, blend well, and set aside.

☐ Sift the cake flour and soda together once, Set aside, reserving ½ cup.

☐ Beat the egg whites with salt in a bowl until stiff peaks form.

☐ Mix the sour cream and flour, alternating between the two, into the butter and sugar mixture. Blend well.

☐ Dust the nuts with the reserved flour and fold into the batter. Then fold beaten egg whites into the batter. Pour into a greased and floured 10-inch tube pan and bake in a preheated 350° oven 1-1¼ hours or until done. Remove from oven and cool the cake, in the pan, on a rack. When cool, turn out of the pan and dust with confectioners sugar. ■

La Varenne recipes
continued from page 197

Tart Tatin

INGREDIENTS FOR PASTRY

2 cups flour
½ cup butter, softened
1 egg yolk
3 tablespoons confectioners sugar
½ teaspoon salt

INGREDIENTS FOR FILLING

2 tablespoons butter, softened
½ cup sugar
5-6 pounds Golden Delicious apples, peeled, halved, and cored
6 tablespoons butter, melted
1 cup heavy cream, whipped (optional)

METHOD FOR PASTRY

☐ Sift the flour onto a marble slab or board and make a large well in the center. Add the butter, egg yolk, sugar, salt, and 3 tablespoons cold water and work the center ingredients with the fingertips until well mixed. Gradually draw in the flour, working with fingertips of both hands so that the mixture forms coarse crumbs, adding more water if necessary. Press the dough into a ball—it should be soft but not sticky. Knead it with the heel of your hand until butter is well incorporated, then chill 30 minutes.

METHOD FOR FILLING AND ASSEMBLY

☐ Butter the base of a heavy round mold or skillet 12-14 inches in diameter with the softened butter and sprinkle with ½ the sugar. Arrange ½ the apples on their sides in tight circles on top of sugar, sprinkling with half the melted butter. Repeat layers of apples and butter. Sprinkle remaining sugar on top. Heat on top of the stove for about 5-10 minutes, or until a light caramel is formed.

☐ Bake the apples on a cookie sheet on the bottom shelf of a preheated 375° oven 20 minutes. Let cool a little until the steam evaporates.

☐ Roll out the dough into a circle and chill 15 minutes. Place over the apples so that they are completely covered. Trim dough to the inner edge of the skillet. Bake 15 more minutes, or until the crust is golden brown. Remove and let the tart cool to tepid in the skillet, then turn it out onto a heatproof platter. If any apple sticks to the bottom of the pan, remove it with a palette knife and replace on the tart. You can bake the tart 6-8 hours ahead of time, then keep it at room temperature. Serve the tart warm, with whipped cream to be passed separately, if you like. Serves 6-8.

Continued on next page



continued from page 215

Strawberry cake

INGREDIENTS FOR GENOISE

3 eggs
½ cup sugar
½ teaspoon vanilla
½ cup flour
Pinch salt
3 tablespoons butter, melted and clarified

INGREDIENTS FOR ITALIAN MERINGUE BUTTER CREAM

1 cup minus 2 tablespoons sugar
3 egg whites
1¼ cups sweet butter
1½ cups strawberry purée (1½ pints strawberries pressed through a food mill or sieve)
½-1 tablespoon kirsch

INGREDIENTS FOR SYRUP AND ASSEMBLY

1½ cups sugar
1 tablespoon kirsch
2 pints strawberries (leave 12 unhulled—hull and halve the rest)
Confectioners sugar
1 #10 marzipan
Red food coloring (optional)

METHOD FOR GENOISE

☐ Put the eggs in a large bowl, preferably copper, and gradually beat in the sugar. Set the bowl over a pan of hot but not boiling water or over very low heat and beat 8-10 minutes, or until the mixture is light and thick enough to leave a ribbon trail when the whisk is lifted. Take bowl from heat, add vanilla, and continue beating until the mixture is cool.

☐ Sift the flour and salt together 2-3 times, then sift over the batter in 3 batches, folding in each batch with a wooden spatula or metal spoon as lightly as possible. Just after the last batch of flour, add the butter and fold in both together. The batter quickly loses volume after the butter is added.

☐ Pour the batter into a buttered and floured 9-inch layer pan or a 7-8-inch springform and bake in a preheated 350° oven 25-30 minutes, or until the cake shrinks slightly from the sides of the pan, and the top springs back when lightly pressed with a fingertip. Let the cake rest in the pan 5 minutes. Run a knife around the sides of the cake to loosen it and turn out on a rack to cool. You can keep the cake several days in an airtight container or freeze it.

METHOD FOR ITALIAN MERINGUE BUTTER CREAM

☐ Heat the sugar with ⅓ cup water over low heat until dissolved. Bring to a boil and boil without stirring until the syrup reaches the hard ball stage, 250°. As the syrup boils, wash down any sugar crystals from the sides of the pan with a brush dipped in water. Meanwhile, stiffly whip the egg whites in a bowl. Gradually pour in the hot sugar syrup, whisking constantly, and continue whisking until the meringue is cold—it will be stiff and glossy. Thoroughly cream the butter in a large bowl and whisk in the meringue a little at a time. Gradually beat the strawberry purée into the butter cream, then add the kirsch.

METHOD FOR SYRUP AND ASSEMBLY

☐ Bring ½ cup sugar and ½ cup water to a boil in a heavy saucepan. Cook to 214°, then let cool and stir in the kirsch.

☐ Cut génoise into 3 even horizontal layers and, if you wish, trim edges so the layers are hexagonal. Brush each laye carefully with enough syrup t moisten it; spread a ⅛-¼-incl layer of butter cream on bot tom cake layer. Next press layer of strawberry halves int the buttercream.

☐ Set second layer on top first and repeat with butte cream and strawberry halve Set the third layer on top an spread with buttercream.

☐ Sprinkle a pastry board wi confectioners sugar and knea marzipan until it is soft and p able. Mix in a few drops of re food coloring if you wish; r marzipan out to a thin circl Use a vol-au-vent cutter or pan lid somewhat larger tha cake layers to cut out a circl Or trim marzipan as you ha the cake. Lay marzipan gen on the top.

☐ Bring the remaining 1 c sugar and ¾ cup water to a b in a heavy saucepan. Let b without stirring until the syr reaches the hard crack sta 300°. Remove the syrup fr the heat and carefully dip hulled strawberries in it to c them well. Remove with a f







and place them on a piece of oiled marble or wax paper to set. Decorate the top layer of the cake with the glazed strawberries and place a few at the sides of the serving plate. ■

Fork & spoon food
continued from page 100

and set them in the freezer. It is better not to freeze the yogurt too hard—test after 20 minutes. Remove from freezer when yogurt reaches desired firmness. Invert the molds onto individual serving plates and cover each with a hot, damp cloth for a moment. Unmold and garnish with tangerine sections. Serves 4. ■

Cats' tongues

(Langues des chats)

INGREDIENTS

⅔ cup unbleached all-purpose flour, sifted
1⅓ cups confectioners sugar, sifted
1½ teaspoon powdered ginger
½ cup heavy cream (do not use ultra-pasturized)
2 egg whites (U.S. grade large)
Butter

METHOD

☐ Sift flour, sugar, ginger into a bowl. Whip cream in another bowl to a froth. Beat egg whites in a third bowl until they hold very soft peaks. Spoon beaten cream and whites into flour mixture, stir until well blended. Leave batter to rest about 10 minutes.

☐ Place a well-buttered heavy cookie sheet next to the bowl of batter. Dip a dinner knife into the batter and give the knife a turn; this should gather a half teaspoon or more batter onto the blade. Strike a mark on the cookie sheet with the knife and draw it towards you, leaving a thin line or tail. The cookies should be about 2½ inches long. They will spread, so leave about 1½ inches between each cookie. When you have filled the cookie sheet, place it in the middle rack of the oven for about 7 minutes. Watch carefully, and when the edges are brown, remove the cookies from the oven. Let them cool on the sheet for 1-2 minutes (they will be quite soft when just out of the oven). Finish cooling on a rack. Makes 50. ■

Meal in minutes
continued from page 190

Peaches with honey-lime whip

INGREDIENTS

6 peaches
2 tablespoons honey
2 tablespoons lime juice
1 teaspoon lime zest, grated
Dash mace or cardamom
Nasturtium or fuchsia blossoms for garnish

METHOD

☐ Peel and slice the peaches into a large bowl. Whip together the honey, lime juice, zest, and mace and spoon this over the fruit, mixing lightly. Spoon into dessert bowls and garnish with a flower blossom. Serves 6.

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Whole herb cooking
continued from page 56

METHOD

☐ Place flour in a bowl and slowly add cold milk, stirring, until the batter has the consistency of a thick cream. Let the batter rest about an hour; just before using it, fold in the beaten egg white. Add the sage leaves to the batter. Heat 3 inches of peanut oil in a large skillet or deep fat frying pan and drop the batter by teaspoonfuls into the hot oil, several at a time. When golden, dip them out with a slotted spoon and place on absorbent toweling to drain. Sprinkle with salt and serve hot. ■

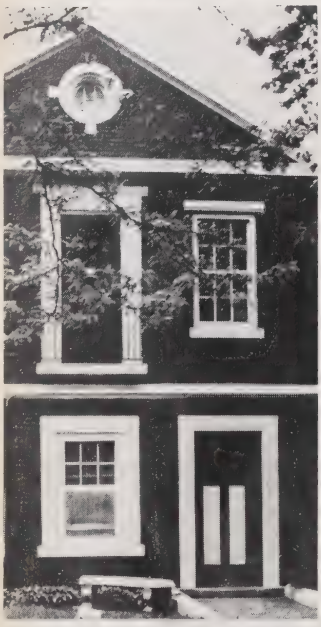
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It doesn't take a mansion to be a landmark. There are thousands of fine buildings like this one all across the country. They're part of our heritage too, just like Monticello and Mount Vernon.

These buildings can be revitalized by adapting them to modern uses.

Let's hold on to these pieces of our history while we still can. Support historic preservation in your community.

For more information write Membership Department, Office of Public Affairs, The National Trust for Historic Preservation, 740 Jackson Place, NW, Washington, DC 20006.

Getting together
continued from page 180

Now it is very democratic—parties are organized like family cooking—main course, dessert, *period*. The stop comes out only for anniversaries, birthdays, holidays (when more help from family is usually available), and even then menus are scrutinized with a practical eye—what can be done ahead, dishes that are easy to serve and leave few pots behind; foods that wait and hold well. You don't need flowers for a centerpiece, when you can fill a pot with pretty new potatoes. Short-stemmed glasses work fine for wine, and they fit in my dishwasher. A dozen matching plates are still a good investment, but it is fun to have four plates each of three different patterns: You will have many more parties for four or eight than twelve.

Smaller parties are comforting; little preparation is needed for four close friends coming to share a simple meal. The first and most important step for giving a party is: Invite someone over. It doesn't matter how many you ask, or if they come in pairs or match. The invitation can be as simple as "Why not drop in for a drink?" Only then do you do a mental inventory of the cupboards for a possible go-with. Necessity is the mother of invention (anchovies and butter creamed together and spread on bread that's been toasted in the oven to become Melba toast). Or you could invite a friend in for meat loaf. And give him just that—but yours happens to be jazzed up with red wine and shallots. Or, if you are feeling very brave, ask several people for dinner two weeks hence (sure sign of a serious party). Just do it; once you commit yourself to it, the rest is easy.

Opt out of any culinary competition. A party should be an adventure, not a showdown. A party is an excuse to cook in a different style after the week's routine meals. The old advice had you practice a menu ("the best surprise is no surprise") until you were sure you could reproduce it under stress (your assumed state when giving a party). But that robs cooking for friends of its creativity and also its suspense—how will it turn out tonight? The only rule is you cannot criticize your own food. If something does not work out, call it by a new name and declare it your own invention. A *beurre monté* sauce becomes a *beurre fondu*; I made cream pralines that failed miserably, but turned into a wonderful candy after some experimentation; an only half-failed first attempt at bread became English muffin bread. It was such a hit, the fledgling inventor/baker will now have to reproduce it!

New dishes do not always work—like the time I made a risotto, then without thinking (thinking: a simple process that can prevent many mistakes), put a lid on it while serving the first course. I returned to find not a risotto but my old friend gluey rice with peas and bacon. But it still tasted good, so I served it anyway (there was no choice). The party turned out to be one of my best, and I learned that the food doesn't have to be perfect.

Everyone has to find his own way of dealing with the problems and limitations that confront and confound the desire to put on a good party. A friend in St. Louis, who must do a great deal of entertaining for her husband's work, lacked a dining table big enough to seat guests for a formal party. She hired a harpist to play in the foyer as guests arrived, and spread family linens and silver on the floor—where everyone ate with great pleasure. If you want to cook a fistful of recipes from 3-star French chefs all at once, but the shopping list sinks your budget, enlist friends to help buy the ingredients to spread the cost out. If you're known as a talented cook, they will jump at the chance to eat so well. If you have a job that keeps you late, organize everything to the minute. While I refuse to vacuum before a party, especially one in the evening when dust is harder to see (there will be a new crop of crumbs afterwards—why clean twice?), I *must* have a clean kitchen. Because a clean kitchen is ready to hop into action: Pots are ready, spoons can be grabbed. It is the best aid when you are in a hurry. Walk in from work, drop coat on way to kitchen, put on apron, and start peeling carrots while the oven preheats. One-half hour later, the salad is assembled, the main dish is in the oven, the first course chills in the refrigerator or is on a counter warming to room temperature, and you pick up your coat on the way back to the bedroom to change. You couldn't do it if you had to wash a sinkful of dishes first.

Any time of day is fine for parties: an early breakfast before a shared walk to work, a cup of cappucino in the afternoon, or a prepared-ahead late-night supper after the theatre. My husband entertains at breakfast, which he cooks anytime from 7 in the morning to 9 at night. It is a wonderful, informal way to have friends over, and they come eagerly, especially if they already know the menu: scrambled eggs and his perfect home fries. Ritual demands that we all gather in the kitchen while he carefully prepares them, hunger rising with the aroma of onion and garlic. He makes his potatoes with such love and attention, they are irresistible. As we sit around the table sharing the food, the time, and the talk, it is clear that the new rules for entertaining—if keep it simple, minimize fuss, stay flexible, and relax can be called new rules—have made it easier to enjoy friends more often. ■



minceur, entertaining menus, charcuterie, and French regional cooking, as well as a 10-week Intermediate and 6-week Advanced and Graduate courses. *D,P.* Story, page 197.

Simone Beck
"La Campanette," Bramafam 06740 Châteauneuf-de-Grasse, France. 67-1003
The renowned "Simca" instructs 4-6 students who lodge in her guest house. She demonstrates menus 5 mornings; afternoons and evenings are free for exploring. $175 per day includes everything but the evening meal. It's a good idea to rent a car. *D.*

UNITED STATES

California

The Von Welanetz Cooking Workshop
The Cookstore/Sunset Plaza 8634 Sunset Blvd., Los Angeles, Calif. 90069. 213-657-1474
Award-winning authors Paul and Diana von Welanetz, with Alice Hart, direct June classes in picnics, chocolate desserts, sourdough baking, jams and jellies, among others ($15-25 per class). A 5-day "crash course" for out-of-towners starts June 24th ($295). *D.*

William Glen Cooking School
8 Adobe Court/Town & Country Village, Sacramento, Calif. 95821. 916-483-2935
Bill Snyder and Mary Jane Drinkwater and their staff of 6 experts offer an ever-changing variety of classes that have included Viennese pastry, dinner menus, cooking for Passover, and Wines of the West. Famous cooks and authors visit frequently—Jacques Pépin will teach June 4-8. Prices start at $10 per class, with most 4-5 class series in the $60 range. Write for details on the October 14-day tour of France. *D,P.*

The Jack Lirio Cooking School
747 Monterey Blvd., San Francisco, Calif. 94127. 415-587-8908
Mr. Lirio teaches intensive 5-day summer sessions that he designs to let students concentrate on areas of particular interest (fill out a detailed questionnaire when you apply). Classes are from 10-5, with a Thursday night buffet featuring dishes prepared during the week. You may attend any week from July 2-August 27—special weeks for advanced cooks July 16, August 6, and August 20. $500, all expenses included, *D,P.*

(continued on next page)

Cooking schools
continued from page 193

A special focus on Venetian cuisine highlights 3- and 5- day courses supervised by Julie Dannenbaum and taught by Chef Giovanni Caione with help from other Italian chefs and food writers. Classes are in the mornings. Prices from $263-$407 include all lessons, tastings, breakfast, and hotel. A portion of the proceeds is earmarked for the Church of SS Giovanni e Paolo as well.

England

The Cordon Bleu School
114 Marylebone Lane, London W1M6HH England. 935-3503
This school, which was started in the 1930s, regularly offers a 3-term "Diploma" course and 3-month "Certificate" courses. Intensive 1-week programs will be available this summer—pairs of students cook a 3-course meal in the mornings, then, after lunch, the directors give demonstrations and discuss theory. *D,P.*

Leith's School of Food & Wine
36A Notting Hill Gate, London W11 England. 229-0177
From July 9-September 26, Prue Leith and Caroline Waldegrave, both graduates of the Cordon Bleu, teach 4-week or intensive 1-week classes that include family fare, cooking for the freezer, Italian cuisine, and breads. In these concentrated courses, students cook all morning, then view demonstrations by experts in the afternoons. *D,P.*

France

Le Cordon Bleu de Paris
24 rue du Champ de Mars, 75007 Paris, France. 555-02-77
Basic and advanced cooking courses last 4 weeks, July 13-August 10 or August 21-September 16, as does the pastry course; you may follow cooking and pastry lessons simultaneously. 2-hour demonstrations most afternoons. A card of attendance is awarded on completion of the course. All instruction is in French, so if yours is rusty, sit next to someone who speaks English to make sure your notes are correct. *D,P.*

La Varenne
34 rue St. Dominique, 75007 Paris, France. 705-10-16
One and 2-week courses, taught in English, are spaced from July to September and include pastry, nouvelle cuisine, cuisine





Cooking schools
continued from page 219

Maryland

L'Académie de Cuisine
5021 Wilson Lane, Bethesda, Md. 20014. 301-986-9490
Chef François Dionot and guest chefs demonstrate professional techniques and theory of French cooking to 25 students for 5 weeks ($625). Smaller groups may take "pratique" classes in conjunction with the master course ($625, or $995 combined course fee). The courses are run on a continually revolving basis, and l'Académie offers "mini classes," Saturday series, 8-lesson French menu classes, and "Great Dinner Lessons" as well. *D,P.*

Massachusetts

La Cuisine Cooking Classes
92 Charles St., Boston, Mass. 02114. 617-227-7340
Terence Janericco teaches classes in his home on Beacon Hill—this summer he offers 2-session Gourmet I and II courses ($120), plus single sessions on soups, hors d'oeuvre, cuisine minceur, and summer foods ($25). 10 students per class. *P.*

Michigan

Complete Cuisine, Ltd.
322 So. Main St., Ann Arbor, Mich. 48104. 313-662-0046
Culinary Techniques and Basic Chinese Cooking meet once a week for 4 weeks for $60. Also offered, single classes on seasonal fare, $5 and $7—they're planned monthly, so write for a schedule—and all-day intensive workshops, $18. During the mid-July art fair in Ann Arbor, out-of-towners may join classes, and the school will help locate accommodations. *D,P.*

New York

Annemarie's Cookingschool
164 Lexington Ave., New York, NY 10016. 212-685-5685
Annemarie Huste's Cooking Dynamics method teaches all the "whys" of cooking, not just "whats" and "hows." One-week programs meet Monday-Friday, 9:30-3—each session covers a complete menu. Courses are geared to seasonal food and a wide variety of techniques. *D.*
Janeen Sarlin/Cooking with Class
226 E. 54th St., Suite 555, New York, NY 10022. 212-355-5021.
From July 31-August 22, Mrs. Sarlin will teach a 4-class series (choose Tuesdays or Wednesday from 10-1) on summer menus, i her new kitchen on Long Island She uses local seasonal ingre dients, emphasizes grilling an make-ahead dishes for entertain ing. 6 students per class. $125. He 6-week courses in New York Cit resume September 10. *D,P.* Story page 196.

Oregon

James Beard in Seaside, Orego
Jackie Mallorca, The Borthwic Co., 651 Brannan St., San Fra cisco, Calif. 94107. 415-781-47
James Beard will teach weel long classes beginning June 2 July 9, and July 23. The fir week will involve preparatio for a gala July 4 picnic; th second and third weeks will b day-by-day "improvisational cooking, using seasonal foo and covering each area in dept Richard Nimmo and Mari Cunningham will assist M Beard. $350 per week. *D,* Story, page 196.

Vermont

Libby Hillman's Cooking Scho in Vermont
17 Lawrence St., New Hyd Park, N.Y. 11040, 516-437-61
Libby Hillman, in her 10 season in Vermont, offers 3 day sessions July 8-14, 15-21, 22-28. The cooking and bakin classes encompass "mult cuisines," run $125 per week $135 for those not staying at th nearby Ironstone inn. Monda Wednesday, Friday are lectur workshop days, Wednesd evenings feature wine tasting and students celebrate with banquet Thursday nights. *D,*

Movies on record
continued from page 72

stop and slow-motion featur of the VLP, it will provide t same high-fidelity dual-cha nel sound and high-quali picture. An RCA disc wo be playable on an optic VLP player, and an MCA di will be useless with an RC player.

How videodiscs and cassettes differ

What's the difference betwe the videodisc and the vide cassette systems already widespread use? Almost e actly the same as the diff ence between a record play and a tape recorder—a reco

esigned for playback only, le a tape recorder can both ord and play. Prerecorded es of movies and other pro- ms currently are available videocassette, but they run n about $50 to $100 and re, as compared with $6 to for discs. The difference ults from the high cost of e, as well as the slow and tly process of making tape licates, as opposed to the ck pressing of the records n relatively cheap plastic. e videocassette recorder lf, at $1,000 and up, costs ut double the price of eodisc players. What makes videodisc most attractive he quality of the image. In st of the cases, it's actually erior to a broadcast pic- e—while a tape picture is ut equal to one that's re- ved off the air.

To begin with, the Magna- on player will be brought gradually on a market-by- rket basis as production lds up, starting in Atlanta then Seattle-Tacoma. Ex- ts predict that before long se breakthrough records ch make pictures will be popular in the American ne as the ones which only ke sound. ■

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ing up

tinued from page 148

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ne the mystique that one st be an expert. The frost- on my first cake resem- l chewing gum, and the hanging plants I suspend- rom the ceiling fell down. can always dine out on r mistakes; everyone has a y to top yours. The fear of ing an error is only hu- n; it shouldn't stop anyone. l a mistake is a far better rce of amusement than fection. If it doesn't cost much. I try not to attempt jects which, if they fail, ld be dangerous or too ensive for me to laugh ut. Fixing the leaking roof probably the exception to those rules: My daughter o is eighteen) and I got his tar and some old mops climbed up on the flat f and slathered the tar und. Yes, we did have to k back through it to get vn the ladder. And yes we naged to tar the places ch did not leak, but not, we later learned, the places that did. Lesson: It is probably a good idea to walk a project through before beginning.

My favorite project was my bed, which I decided would go in this sunken area in my own little studio-house. I wanted it to be magical and dazzling, never mind smooth professionalism. Which leads me, for a moment, to this: Most do-it-yourself projects look best if flair and effect are more of a consideration than technique. This is complete self-defense, of course, because I happen to have very little patience and only do things myself because I want *this* look *right now*. No one should ever see the wall behind pictures I have hung. So, for this bed, I went to a barn in New York State, where a man has all sorts of logs and old beams (some of which also inspired me to pull down walls and ceilings just to use the beams—nothing is more exciting than pulling down walls, except perhaps living by candlelight until the electrician comes to put back the wiring one has inadvertently hacked away at. But this is another story covered by the rule about staying away from electricity, to which I add the note that it is often in places you wouldn't expect it to be). I found four perfect cedar tree trunks, stripped them of some of the bark, covered them with polyurethane, and, with the help of my friend Norman, who understands these things, put together a fourposter bed. Then I strung little white Christmas tree lights around it, forming a canopy frame, and suspended a mosquito netting on a hoop (found in Key West) from the ceiling. The effect is lovely and I have almost forgotten the part about how we had to take the bed apart in order to put it down into the sunken area after we had built it somewhere else.

Determination and confidence will help you deal with experts who claim certain things cannot be done. I wanted a rustic shower lined with wood. I was told it wouldn't work, and no professional would do it. But ships have been built of wood for centuries. So Norman and I bought some planks of rough-

Continued on page 223



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Fixing up
continued from page 221

sawn cedar and cemented them up with waterproof glue, then coated them with a waterproof resin. Another shower is lined with a Spanish-tile-patterned flooring vinyl, which we were also told wouldn't work. It works—like a lot of things, if it hasn't been done, one will be told it can't be. Shower doors were made by a carpenter when I couldn't find wooden framed ones. And to continue with showers, which, it seems to me, do not have to resemble refrigerators, if you have to have a shower curtain, take a plain clear one and paint it with acrylics in a pattern you love. I adore painting anything, including sailcloth for pillows when needlework takes too long. And when my children were small I bought really terrible furniture, which still would not be chic enough to be called retro, and painted chests and chairs with such swoops and designs and fringes that they resembled carrousel ponies.

Most of the time you are told something won't work because it won't last for years. I'm not sure that I want most of my effects to last for years. It's a little like one's gentlemen friends. What is enticing this year, I'll be used to next year and bored with the year after that.

When projects seem too large or difficult to consider, I try to minimize them in my mind and ask, how would I do this in a doll house? Or I get friends to help. One way to do this is to mention first the large vat of chili simmering on the stove and *then* you say a little something about, "and later maybe we'll just throw up these bookshelves." I do everything with a lot of pine, which is soft and easy to work with, and left natural, with a couple of coats of polyurethane, looks pale and warm. I've even learned to put up mirrors by nailing strips of pine around them. I'm better now at using things like molly bolts, which hold up the plants, pleasing them immeasurably. Once you do something, you wonder why it ever seemed forbidding. This is especially true of electric drills, which at first reminded me of guns. However, where a man will take an entire day puttering about with an enormous amount of heavy-duty extension cords and trays of bits and so forth, if wood is involved it's a lot easier to make a hole with an awl and a hammer.

Certain things still defeat me. I am not good at getting things straight, so when straight is necessary, it helps to have help from a friend who is. Alas, help of this sort is not always available, and as a result I find people look at some of my projects with their heads slightly cocked, which is generous to a fault. I flunked elementary sewing in college (short-circuiting a dazzling career as a costume designer), because I could not master the sewing machine. This is why there are no curtains in the house. Yet. I have a feeling that if I buy the machine I will be shamed into learning how to work it. It seems to me a lot of skills come about backwards—there is a need, one asks questions, finds the right equipment, and simply (or not so simply) learns to do it.

Working on my house, helping or just watching the experts, has made me feel part of it, very close to it. I know this house now and respect its idiosyncracies. It may startle me, but it's never as mysterious as houses I simply lived in. With spring here, I'll start getting to know the land. I will read about gardens, watch my friends who already know, ask questions and see what we can grow, this acre and I.

Twelve things you probably cannot do, even if you know how

1. Put in skylights which will not leak.
2. Find goodlooking screen doors (although you can find goodlooking carpenters to help you build them. Idle observation: Carpenters and electricians tend to be cuter than plumbers and painters. But there are exceptions to everything).
3. Truck in and set up your own refrigerator. This is a matter of some sort of balancing. My friends tried to bring over my old one for the basement and it did not travel well. At all, actually.
4. Find exactly what you're looking for in stock. Anything I'm going to like has to be ordered from a place where there is a strike. The exception to the rule about exceptions is there is no exception to this.
5. Or at a sale price.
6. Have any job finished in the time you expect.
7. Have it cost what you planned. This applies to do-it-yourself as well because you shop-it-yourself and always find a few absolutely inspirational things you didn't know you needed.
8. Get any new technique right the second time you try it. The first time you will be extra careful. The second time, overconfident.
9. Plan an exterior painting job for a day it will not rain. If it is not raining that day, it will be only because you have bought the wrong kind of paint and it is Sunday and cannot be exchanged.
10. Lend tools to a friend and get them all back. The hammer will be misplaced. Or you will misplace it yourself. Buy two and hide one for midnight impulses to hang up a lot of things, such as baskets or the pictures in the coat closet which you suddenly want to see again.
11. Expect anyone to clean up. Keep old sheets for dropcloths, especially for carpenters who never think they need them.
12. Put up a lot of mirrors without breaking one. Walk around the shards seven times if you believe a broken mirror brings bad luck. It will break the spell and exercise your consternation. ■

Decorator showhouses
continued from page 78

NEW YORK

Mount Kisco
The YWCA of White Plains & Central Westchester
The YWCA Designer's Showhouse '79
Glencliff
Sarles Street
Mount Kisco, N.Y. 10549
April 29-May 28

New York City
Kips Bay Boys' Club
973 Fifth Ave.
New York, N.Y. 10021
May 2-May 20

Old Brookville, L.I.
North Shore Community Arts and Resources Council
"Rynwood"—A Former Vanderbilt Estate
Route 107
Old Brookville, L.I. 11548
April 22-June 3

Sands Point, L.I.
The North Shore Science Museum in conjunction with Children's Medical Fund of New York
ShowCastle '79
Hempstead House—
former Daniel Guggenheim Estate
Sands Point, N.Y. 11050
May 1-June 10

OHIO

Columbus
The Women's Board of the Columbus Museum of Art
Decorators' Show House '79
2135 E. Broad Street
Columbus, Ohio 43209
April 29-May 20

OKLAHOMA

Oklahoma City
Women's Committee of The Oklahoma Symphony Orchestra
Decorators' Show House
The Highley House—The Red Rock Manor
5701 North Highley Drive
Oklahoma City, Okla. 73011
May 1-May 18

PENNSYLVANIA

Pittsburgh
The Junior League of Pittsburgh, Inc.
Decorator Show House '79
Tyburn Woods (North Park Area—Babcock Blvd.)
Pittsburgh, Pa. 15209
April 28-May 20

HOW-TO

make the quilted tablecloth

(page 153)

Materials: One reversible quilt, narrow-gauge galvanized chain, measuring tape, cording (instructions, page 122), scissors, needle, and thread.

Method: Measure the table's diameter, and add 16 inches. This will be the size of the square tablecloth. (A 36-inch table needs a tablecloth 52 inches square.) Cut enough chain to go around all four sides.

- Cut the quilt to size and, inserting chain to weight the tablecloth, stitch the inner and outer edges of quilt together to form a hem.
- Cut cording in 4 pieces, one for each side, adding an extra 2 feet to each side for tying. Sew the trim onto the bottom of each hem, leaving a foot on each end. Repeat on the other three sides.
- At each corner tie a square knot with the extra cording and let the ends drift to the floor.

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Box of 250	45 gal.	1½ mil — X+X+ HEAVY DUTY	☐ $29.95	☐ $16.95	☐ $9.00	$
Box of 125	45 gal.	2 mil — TOUGH	☐ $21.95	☐ $12.95	☐ $7.00	$
Box of 100	45 gal.	3 mil — X+X+X+ TOUGH	☐ $27.00	☐ $16.50	☐ $9.25	$
Box of 100	55 gal.	2 mil — TOUGH	☐ $18.95	☐ $11.50	☐ $6.25	$
Box of 100	55 gal.	3 mil — X+X+X+ TOUGH	☐ $29.00	☐ $17.50	☐ $9.75	$
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					SHIPPING	$
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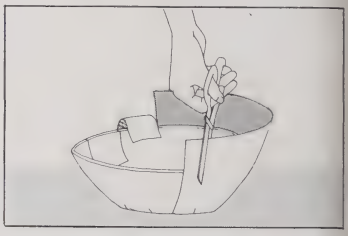
HOW-TO

paper centerpiece containers

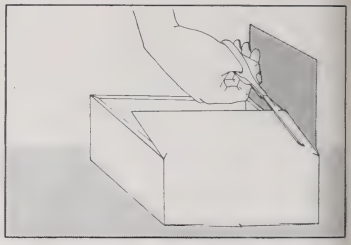
(like the tile-look ones on pages 178-183)

In all these table settings, a new thought for centerpiece containers: Plant saucers or wooden boxes are covered with tile-patterned self-stick paper or wallpaper.

- To cover a saucer, cut out a strip of paper twice the depth of the saucer and long enough to completely encircle it. Starting with the outside of the saucer, wallpaper-paste or stick the strip around



its widest part; then, using tucks, secure the rest of the paper around the exterior. Next, at 1- to 2-inch intervals, slash the top edge of the unsecured paper down to the rim of the bowl. Fold these sections into the bowl, overlapping as you go. Paste or stick where necessary. Finally, cut a circle of paper to fit the inside base of the bowl.



LYNN REITTER

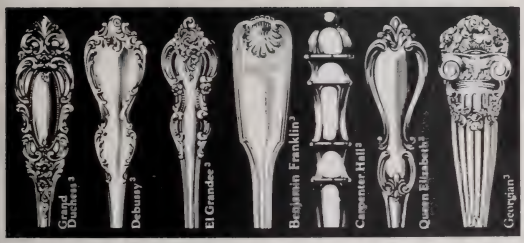
- To cover a wooden box with patterned paper, cut strips of paper 3 times the height of the box, and as long as possible. Starting at one corner, wrap strips around outsides of box, sticking or pasting in place, matching pattern as you go. Paper must extend far enough above box to cover insides of box when folded down. If paper looks tiled, use a marking pen to stimulate grout lines at corners of box, where actual tiles would be cut. Make straight cuts from top edge of paper to top of box at all four corners. Fold each flap across top of box, cutting paper diagonally from outer to inner edge of each top corner. This makes neat mitered corners when paper is folded down into box. Cut off excess or overlap inside the box where necessary. Fold remaining paper under bottom of box, slitting and overlapping at corners. To finish, line bottom of box with paper.

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PLACE	GROUP I		GROUP II		GROUP III	
PIECES	Reg. Price	40% Off Price	Reg. Price	40% Off Price	Reg. Price	40% Off Price
Teaspoon	$36.50	$21.90	$43.00	$25.80	$52.00	$31.20
Place Fork	62.50	37.50	72.00	43.20	83.00	49.80
Place Knife	58.50	35.10	62.50	37.50	70.00	42.00
Salad Fork	56.50	33.90	62.50	37.50	71.50	42.90
Spreader	38.50	23.10	43.50	26.10	51.00	30.60
Iced Bev. Spoon	50.00	30.00	57.00	34.20	66.00	39.60
SERVING PIECES						
Butter Serving Knife	46.00	27.60	50.00	30.00	58.00	34.80
Cold Meat or Buffet Fork	115.00	69.00	125.00	75.00	139.00	83.40
Gravy Ladle	115.00	69.00	125.00	75.00	139.00	83.40
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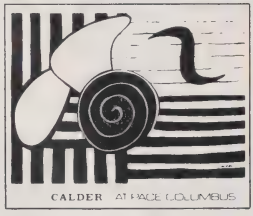
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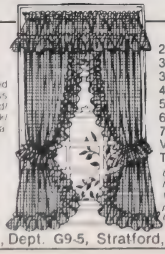
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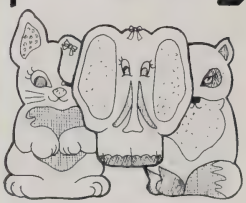
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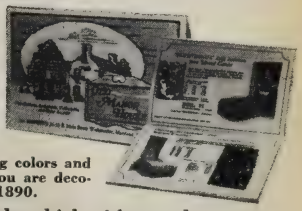
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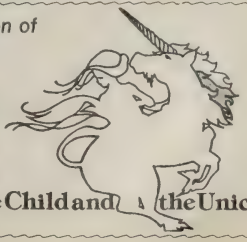
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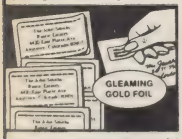
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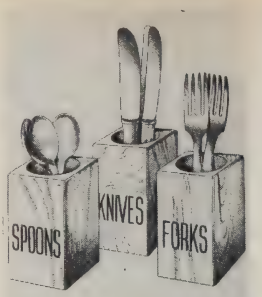
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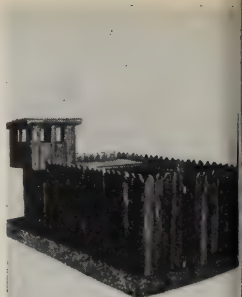
Imperial Chinese dragon in 18 jewel colors, sparkling gold scales. Design from early 18th century silk Buddhist priest's robe. Kit includes hand-screened canvas, Paternayan yarn, brief history. One from a splendid collection of unique designs in the Los Angeles County Museum of Art. $55.00
13" x 16" #14 canvas
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Los Angeles County Museum of Art ART CC
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HANDY AND HANDSOME

Hardrock maple flatware holders are great for buffet or barbecue, a welcome gift for party-givers. Holder for spoons (#39004), forks (#39012), knives (#39020). Each $5 plus $1.50 post. AE/MC/Diners/Visa accepted. Catalogue is $2. Hoffritz, Dept. HG5, 515 W. 24th St., New York, NY 10011.



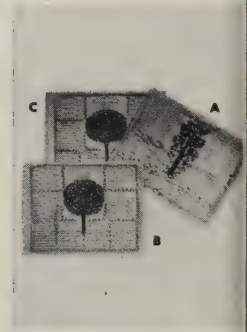
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Sturdy real Cedar Wood fort, th will last for generations—used o doors. It's a big 5′ by 6′ by 5′ w swinging gate, firing platfor blockhouse and ladder. Also id as a tree house. $78.95 F.O Camden, NJ. Order from Ced Products, HG5, Box 84, No. Ba win, NY 11510.



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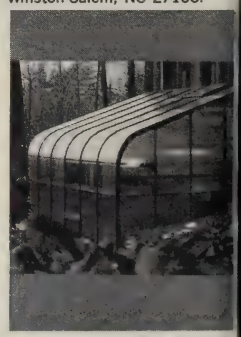
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Traditional Chippendale chair is covered in a choice of 50 colors in top grain leather. Solid Mahogany legs, and brass nail head trim; 40" h., 32" w., 34" d. $514.50 (price subject to change). Exp Coll. Brochure of leather furniture, $1. Carolina Leather House, Dept HG-65, Box 5023, Hickory, NC 28601.



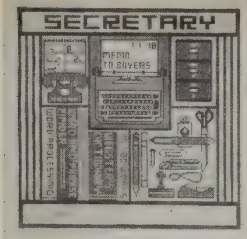
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y "Terre" lithograph by world wned artist Edna Hibel. Each ial is pencil signed and num- l. 12" by 9". $135 ppd. For nation on Hibel collectors' s, all original lithographs, 30¢. Christophersens' Col- bles, HG5, 334 W. Fillmore, Claire, WI 54701.



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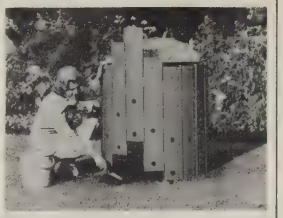
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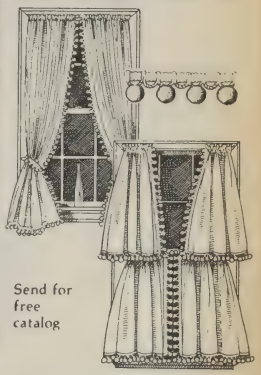


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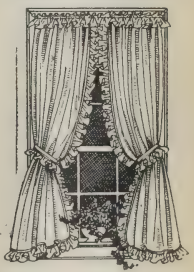
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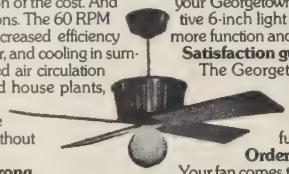
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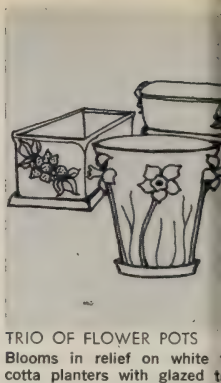
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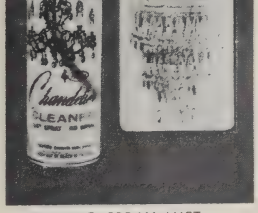
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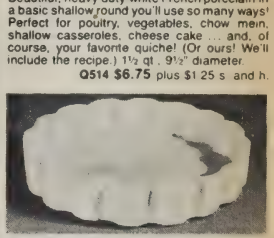
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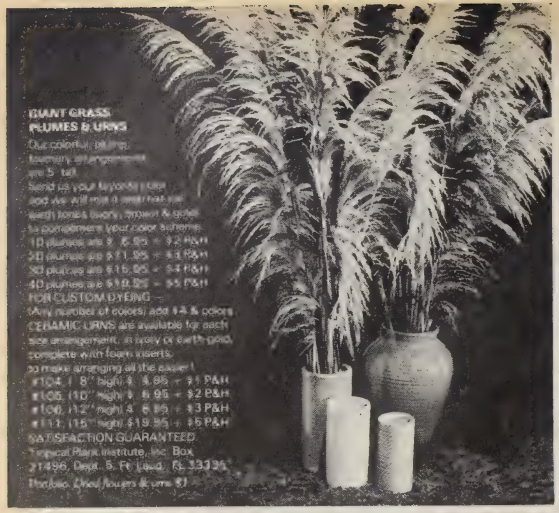


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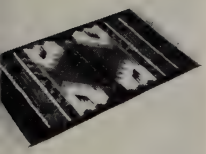
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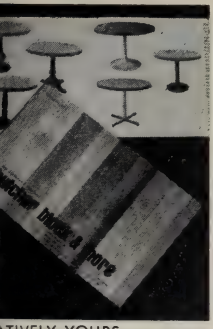
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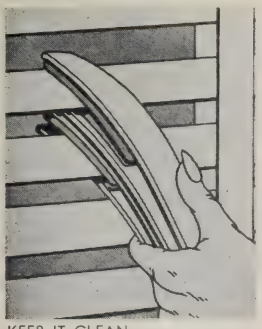
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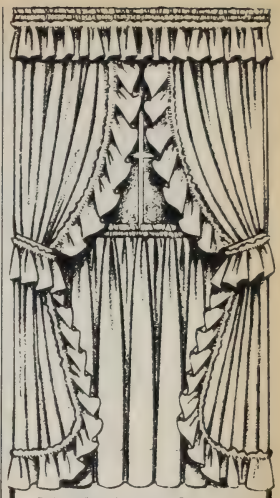
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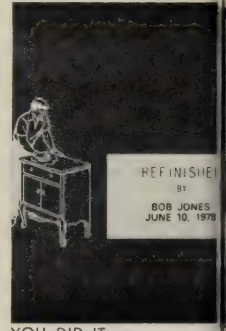
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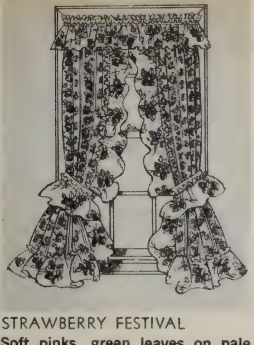


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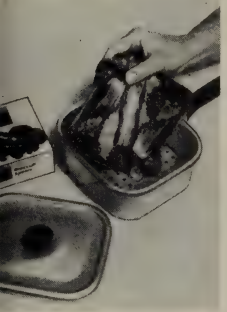
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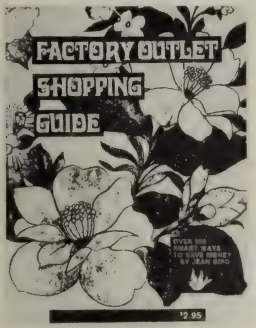
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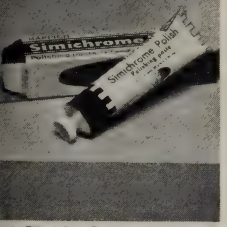
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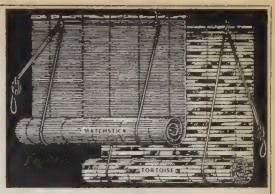
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72"x72"	15.00	23.00
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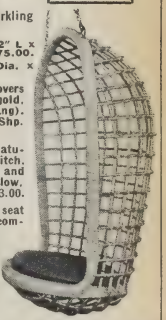


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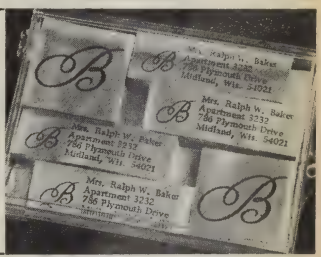
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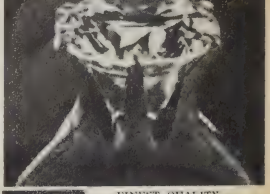


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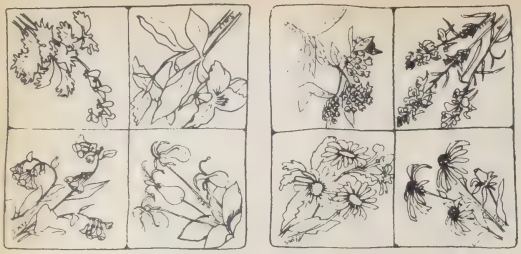
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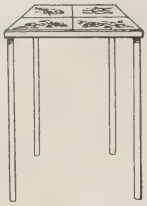
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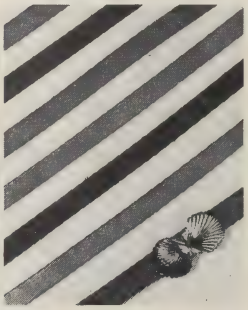
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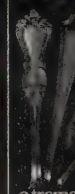
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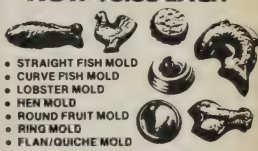
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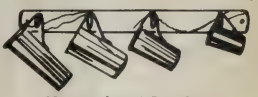
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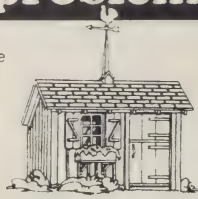
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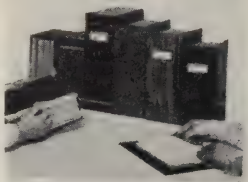
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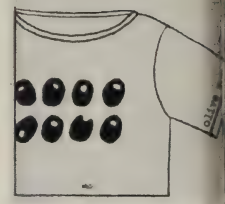
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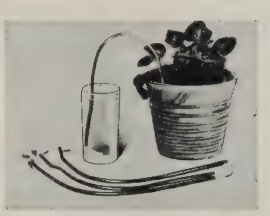
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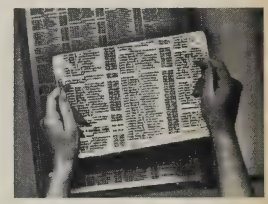
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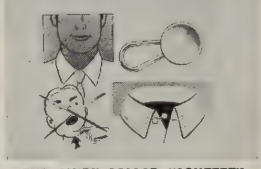
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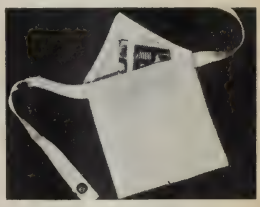
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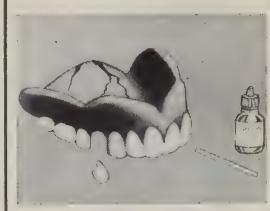
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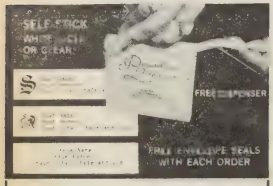
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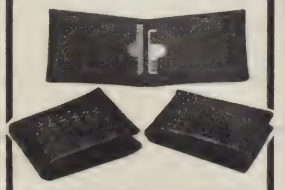
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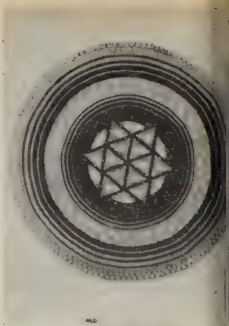
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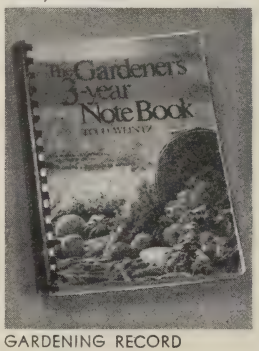
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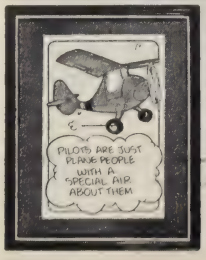
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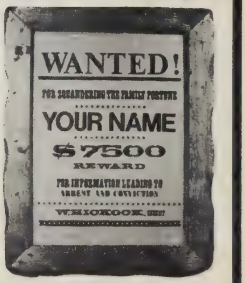
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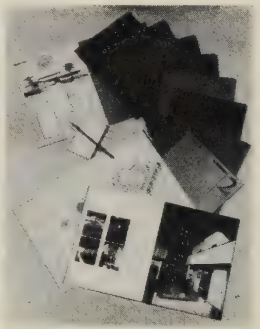
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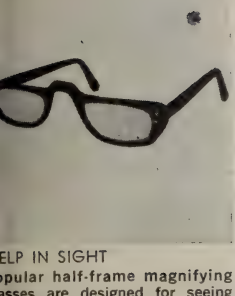
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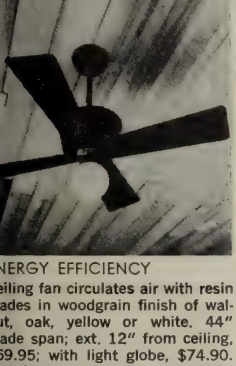
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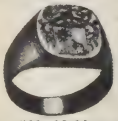


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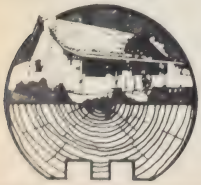
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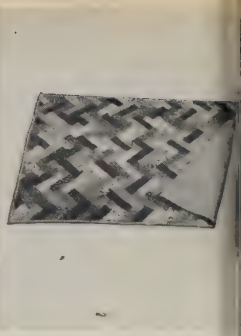
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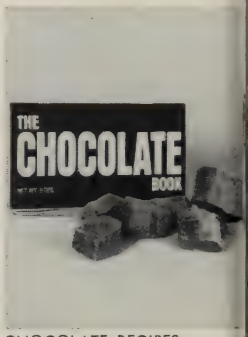
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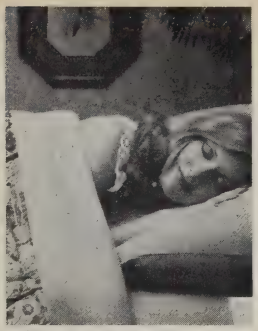
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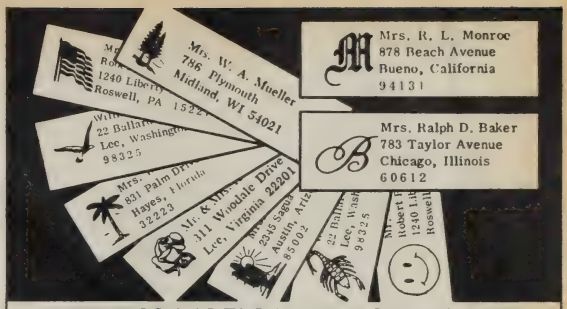
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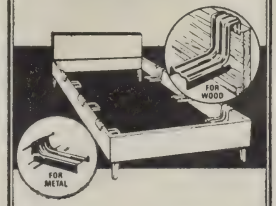
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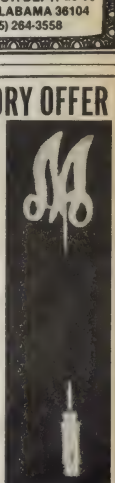


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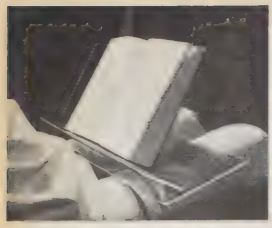
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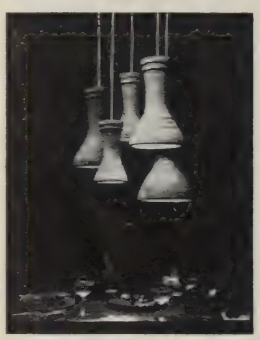
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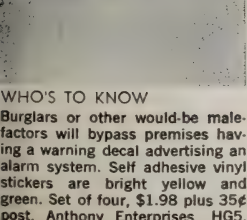
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WHO'S TO KNOW

Burglars or other would-be malefactors will bypass premises having a warning decal advertising an alarm system. Self adhesive vinyl stickers are bright yellow and green. Set of four, $1.98 plus 35¢ post. Anthony Enterprises, HG5, 67 Second St., San Francisco, CA 94105.



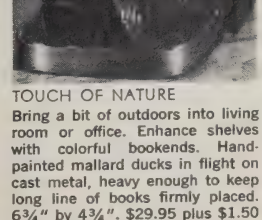
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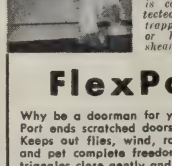
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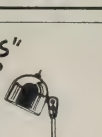
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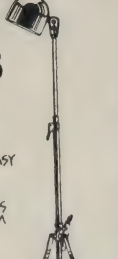
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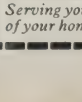
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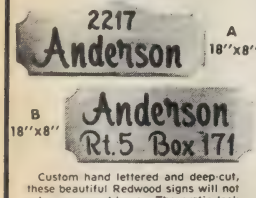
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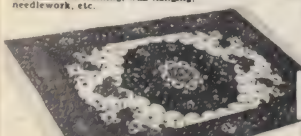
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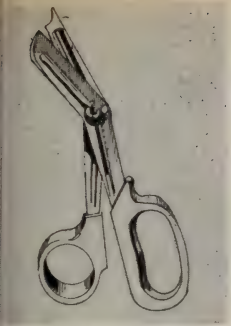
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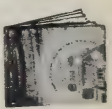
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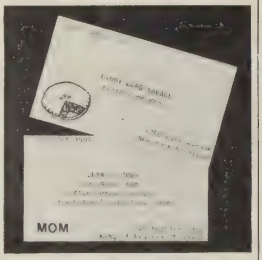
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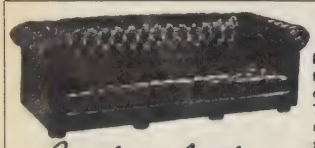
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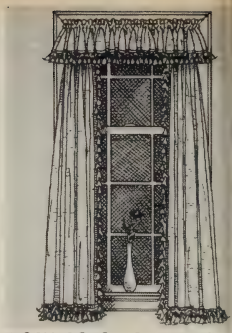
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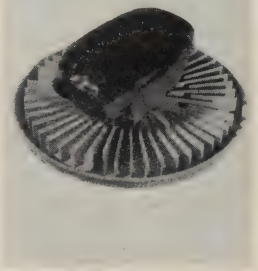
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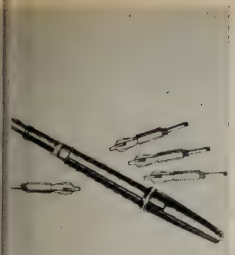
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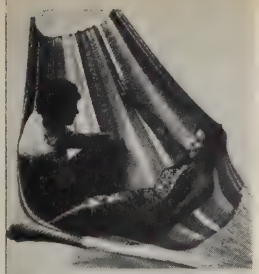
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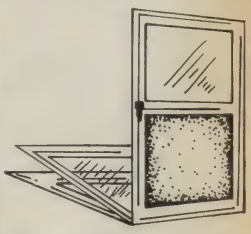
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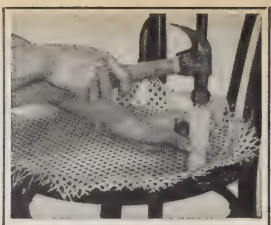
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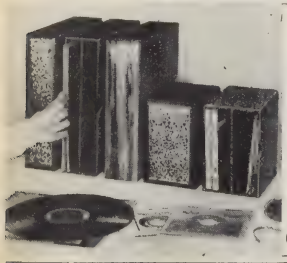
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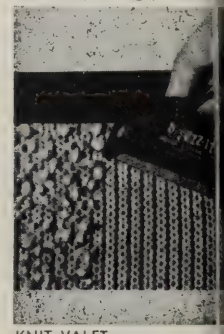
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COVER

Sofa: 81″ x 30″ x 35″ h. Hepplewhite style. Camel back. Serpentine apron. Rolled arms. Loose seat cushion. Small welts. By Hickory Chair. From Decorators Walk*, NYC 10022.
"Kashi" cotton fabric on sofa and seat pads: 54″ w. 36″ repeat. **Underskirt on draped table:** "Rosemary" cotton fabric. 54″ w. 12½″ repeat. Both from F. Schumacher*, NYC 10022.
Waisted back armchairs and side chair: Both 19″ x 21″ x 35″ h. Handcrafted in rattan. Natural lacquer finish. From the Phillipines. At Bloomingdale's, NYC 10022.
Handwoven cotton durrie rug: 11.7′ x 8.5′. $4,200. From India. From Coury Rugs*, NYC 10022.
Pine breakfront: Top: 51″ x 9″ x 43″ h. Bottom: 51″ x 15½″ x 32″ h. Two drawers. Two cabinets. Brass pulls. Scalloped pediment. From Wales. **"Williamsburg Delft" pottery:** Dinner plates, 10¼″ d. Casters, 6⅜″ h. From Holland. **"Pilsner" lead crystal glasses:** 8″ h. From Holland. **"Shell" Williamsburg reproduction sterling silver flatware.** All at Altman's, NYC 10016.
Collection of English and Chinese porcelain in breakfront: 19th c. From John Rosselli Antiques*, NYC 10021.
Linen table cloth and napkins: Scalloped borders. Table cloth, 72″ x 124″, 72″ x 108″, 54″ sq. and in custom sizes. By D. Porthault, NYC 10022.
Paint on walls: Latex flat (#8-53). By Benjamin Moore.

DECORATING FOR FUN

Pages 150-155
"Empress Garden" cotton and polyester quilt: King, 101″ x 86″, about $90. Sheets: Twin, about $8.50. Double, about $10.50. Queen, about $15. King, about $18.50. Pillowcases, $7 a pair. By Fieldcrest.
Sectional seating: White muslin gathered on semi-attached seats and back cushions. Corner chair: 33½″ sq. x 30″ h. $347. Armless chair: 32″ x 33½″ x 30″ h. $285. Ottoman: 32″ sq. x 17″ h. $190. All by Thayer Coggin.
Single pedestal dining table: 44″ x 38″ x 29″ h. Two 20″ leaves. Sheraton style. Mahogany top. Pecan cross banding. Brass feet on casters. $659. By Drexel Heritage.
Louis XVI style armchair: 24″ x 20″ x 39″ h. 17″ sh. $139. **Side chair:** 21″ x 19″ x 39″ x 17″ sh. $115. Both European beech. Ready-to-finish. Cane seat and back. At The Door Store, NYC 10022.
Fushimi folk doll puppy: 11″ x 12″. 19th c. From Japan. $265. **Laquered basket:** 10″ d. c. 1900. From Japan. $95. **Celadon cachepot:** 19th cent. From Japan. $245. **Celadon square bowl:** 18th c. From Japan. $225. All at Naga Antiques, NYC 10021.
Ginger jars: 9″ x 10″ h. 19th c. From China. Pair, $2,200. From Gracie*, NYC 10022.
Offering basket: 16″ sq. x 8″ h. From the Philippines. $300. **Plate:** 16½″ d. Designed by Catherine Hiersoux. $450. Both from LCS*, NYC 10022.
Imari vase: 10″ x 15½″. 18th c. From Japan. **Porcelain cluster vases:** 8′ x 7′. 19th c. From China. At Kentshire Galleries. NYC 10003. **Mahogany & marble half round table:** 43″ x 30½″. $1,800. **Mahogany bookcase:** 66″ sq. x 20″ h. $1,500. **Teakwood table:** 8″ x 18″ x 30″. Ming style. 19th c. From China. $950. **Poly-chrome statues:** 42″ x 14″ x 10″. 18th c. Venetian chinoiserie. $5,500, ea. **Painted doors:** Pair, $5,500. All from Denning & Fourcade*, NYC 10021.
Mohair and wool afghan: 4′ x 6′. $30. At Antartex, NYC 10021.

GREENHOUSE KITCHEN

Pages 156-157
"Yorktowne" stoneware: 20 pc. service for 4, $34. By Pfaltzgraff.
"Adam stripe" linen and cotton round tablecloth: 90″ d. $37.50. **Napkin:** 20″ sq. $2.50. By Katja.
Plants, seeds, and garden supplies: Free catalogue. At George W. Park Seed Co., P.O. Box 31, Greenwood, S.C. 29647.

FOREST BEDROOM

Pages 158-159
Floral silkscreen batik: From Indonesia. At Raymond & Keith, LA 90048.
Twig bed: Natural willow or laquer finish. Queen, $1,190. King, $1,130. From Waldo's Designs*, LA 90069.

DOWN-TO-EARTH TABLES

Pages 178-179
"Fruit basket" round covered vegetable dish: 10½″. Blue Mason's Ironstone. From England. $62.50. **"Marchioness" lead crystal double old-fashioned:** 12 oz. Set of six

Continued on page 260

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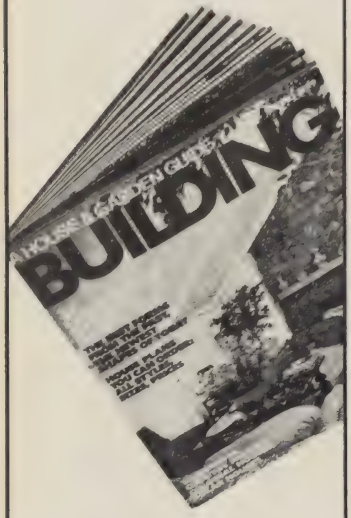
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GARDENER'S NOTES

BY JAMES FANNING

A rose-garden vacation tour, how to coax an Easter lily to bloom again, delightful new books of garden ideas

Roses all the way

It's unusual to hear of a European tour devoted to just one kind of flower, but if any flower is worthy of such a distinction, certainly it is the rose. So, for the summer of 1979—year of the rose—the Heritage Roses Group has assembled a batch of gardens to be visited in France, East Germany, and England. Beginning at the Empress Josephine's Malmaison, near Paris, the tour proceeds to the Loire valley châteaux country, then to Weimar and Dresden in East Germany, ending up at Victoria Sackville-West's Sissinghurst and a big handful of other famous English gardens. Although old-time roses and rose gardens are the focus of the trip, there will be much to interest garden-minded people in general. The tour leaves the U.S. on June 7, 1979, and returns July 1. Prices and full information may be had from Laveda Mair, Box 7143, Berkeley, Calif. 94707. The Heritage Roses Group is an organization devoted entirely to the study and appreciation of old-time and species roses. Membership to the Group costs $3 a year and includes four information-packed bulletins yearly. Membership information may be obtained by sending a self-addressed, stamped envelope to Miss Jerry Fellman, 947 Broughtonway, Woodburn, Ore. 97071.

"Plant Gold in '79"

Fifty years old and still growing. That's the National Council of State Garden Clubs, Inc., a federation of some 14,000 regional and state clubs with 400,000 members. Long a force for gardening and nature conservation, Garden Clubs, Inc., is celebrating its golden anniversary at a convention in New Orleans May 6-11. This summer and fall, communities in 50 states will shine with yellow and gold flowers as members compete for "Plant Gold in '79" commemorative awards. They'll be presented in 1980 by the National Council of State Garden Clubs, Inc., 4401 Magnolia Avenue, St. Louis, Mo. 63110.



Boxes for plants

A plant box like the one on page 4 simple enough to build, plant, and m tain if you have a good set of basi structions to follow. *The Window Primer*, by Maggy Geiger and La Russ (Fawcett, $1.95) tells exactly to do, beginning with construction terials and ending with suggestions carrying the window box through winter. Vegetables and herbs are cluded as are a multitude of ideas attractive plant combinations. All a lustrated with attractive line draw and photographs.

Easter in August

The Easter lily, *Lilium longiflorum*, most obliging plant. Having lent its b ty to Eastertide decoration, it will repeat performance in the late sum garden. If you had one of the lilies fl ering for Easter, all you have to d keep it growing—water and suns will do the trick—until the dange frost is past in your neighborhood, then plant it out in the garden. Be to break off the old flowers as they f to prevent the formation of seed p but don't remove any leaves as lon they stay green. Apply fertilizer ju you do to the rest of your garden otherwise leave the plant alone. The that flowered in the spring will die af while, but a new stalk will grow up t place it, and will flower in summer a as well as the earlier one. The bulb flower year after year, but if it doe never mind—it has already given more than your money's worth.

Making more plants

It is good to know that one of the old liable guides to plant propagatio available once more, with up-to-date visions and additions. This is *Plant P agation in Pictures*, by Montague F (Doubleday, $9.95), first published 1957 and brought up to date by Mary J. Dietz. One of the last published w

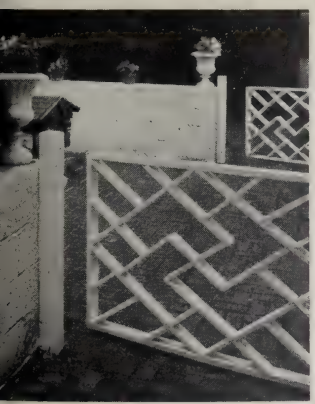
Monty Free—who spent the whole of ng lifetime working with plants—the k explains in detail every known way ultiplying plants. From the simplest hod of sowing seeds to the most so- ticated of grafting, all the ways of ing several plants grow from a single are clearly explained and clearly trated in black-and-white photo- hs. On the dust jacket, Mr. Free is ted on the "thrill of accomplishment" e found in making plants multiply. following his instructions, we can all e the thrill.

eing America

educated eye of one person, proper- pplied, can open the eyes of others to ghts they might otherwise miss. id Frazier has such an eye, and also a way with a camera, so his book *und the House* (Quick Fox, $6.95 erback) holds delight and instruction all of us. The title refers to the sur- ndings of houses, including natural lscape, gardens of every persuasion, architectural elements used out- rs. The photographs, all in color, e taken all over the U. S., and are un- tioned. This is an intriguing idea— e each picture is made to stand on its h, the viewer's imagination is free to e each of the landscapes as near to or away from his own home as he may h.

When it comes to actual travel, the rden Club of America has made its n survey of gardens across the coun- concentrating on those regularly n to the public. This *Guide to Public rdens* is the third revision of the debook first published in 1976, and be an invaluable piece of equipment anyone with an eye for gardens, o's planning to travel in the U. S. this mmer. It is available from The Garden b of America, 598 Madison Ave., w York, N. Y. 10022, for $3.50, post- d. Garden clubs or other groups or- ing 15 or more copies can have them $2.10 apiece. ■

DAVID FRAZIER



stylish pair of garden gates as seen in round the House."

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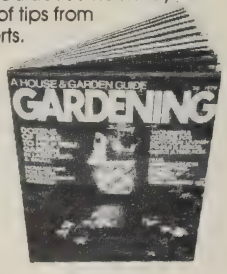


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GSA General Services Administration
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Trip ideas *continued from page 88*

10021. Average cost, double occupancy, $2,100, not including airfare.

The English National Trust has arranged a "pilot" tour for Americans interested in historical needlework and restoration techniques, June 19-July 6. A small group will spend time in London visiting historic textile collections, then move to Knole, the enormous house in Kent that was the home of the Sackvilles, where elaborate restorations of the house's famous collection of needlework are now going on. Part of what you'll see: James II gold and silver bed-hangings now being restored. Course fee, $700. For information write: Arete Swartz, Executive Director, the Royal Oak Foundation, Inc., 41 East 72nd St., New York, N.Y. 10021.

Museum trips

One of the best ways to go places with the experts. Call a museum in your city to see what trips are being planned. In New York, the American Museum of Natural History is offering a 19-day cruise to the classical lands of the Middle East—Egypt, Israel, Cyprus, Turkey, Greece. Going along: an astronomer, archaeologist, Egyptologist, historian, ornithologist, geologist. 200 people can book cabins ($2,473-$4,023) on the British-built Orpheus. Round-trip airfare extra. Write Ronald Valente, American Museum of Natural History, Central Park West at 79th St., New York, N.Y. 10024 or call 212-873-1140.

Trips for Gardeners

Check what tours your garden club or botanical garden has for this summer. One excellent tour from the New York Botanical Garden: June 30-July 14, alpine gardens in Switzerland and northern Italy. Some of what you'll see: alpine pasture, natural turfs, dwarf shrub heaths, plants on rocky slopes and screes. Trip counts as a course toward a certificate in botany. All inclusive $1,349. Information: Dr. Arnold E.S. Gussin, The New York Botanical Garden, Bronx, N.Y. 10458; or call 212-220-8739.

Music trips

Summer to many music lovers means pilgrimages to Austrian or German music festivals. The Cortell Tour Group offers two 8-day trips, one to Munich and Salzburg, the other to Salzburg and Bad Ischl. Included: four concerts, music-related sightseeing, excellent hotels, tips on best restaurants. Tickets to other concerts available through the hotel concierge. Cortell recommends *The Music Guide to Austria and Germany*, by Elaine Brody and Claire Brook (Dodd, Mead). Information: Cortell, 3 East 54th, New York, N.Y. 10022, or call 212-751-3250, ext. 238. ■



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SHOPPING INFO.

continued from page 255

in assorted colors, $195. Dish, at Shreve, Crump, & Low, Boston 02116. Both at Cardel, NYC 10022. By Ebeling & Reuss. **"Liberty" stainless steel flatware:** 5 pc. placesetting, $18.75. By International Silver. **"Solidarity" cotton napkins:** 18" sq. Zepel fiinish. $2.25 ea. By Bloomcraft. At Bazaar of London Square, Tulsa, Okla. 74105. **Tin molds:** At Manhattan Ad Hoc, NYC 10021. **Self-adhesive vinyl wall covering on flowerpot saucer:** From Germany. $1.39. At Janovic/Plaza, NYC 10021.

Page 180

Table plus "Finlandia" stoneware: Open round vegetable dish, $9.95. Cereal bowl, $4.25. Both microwave and dishwasher safe. By Johnson Brothers. **"Galway Oyster" handmade lead crystal highball:** 16 oz. $27. By Wedgwood Irish Crystal for Galway. **"Antares" Oneida Deluxe stainless steel flatware:** 5 pc. placesetting, $14.50. By Oneida. At Macy's. **"Verve" polyester and rayon hemstitched napkin:** 17" sq. $2.25. By Vera. **"Border Coimbia Portuguese Tile" wallpaper covering box:** 4½" width border. $24 a roll. Minimum order, three rolls. From Clarence House*, NYC 10022.

Page 181

"Cottage Garden" handmade china: 5 pc. placesetting, $45. By Aynsley Bone China. **"Sheila" crystal highballs:** 12 oz. $16.50 ea. **"Comeragh" finger bowls:** $29.50. **"Fruit bowl":** 8" d. $90. **Salt and pepper cellars,** $13.75 ea. All by Waterford. **"French Provincial" sterling flatware:** 5 pc. placesetting, $330.50. By Towle. **"Powdered pastels" polyester and cotton napkins:** 20" sq. $3 ea. At Karen's Table Things, Alexandria, Va. 22314; Lord & Taylor, NYC 10018. By Elisa Daggs. **"Lattice & Shell" wallpaper:** 18½" repeat. $18 a roll. From Kneedler-Fauchere*, LA 90007. At Karl Mann*. NYC 10022.

Page 182, Top photo

"Ming Blossom" open vegetable dish: $45. Oxford Bone China by Lenox. **"Early American Antique" crystal highballs:** Set of four, $25. by Lenox. **"Modern Victorian" sterling flatware:** 5 pc. placesetting, $151.75. By Lunt. At Altman's, NYC 10016; The Emporium, San Francisco 94103. **"Powdered Pastels" polyester and cotton napkins:** 20" sq. $3 ea. By Elisa Daggs. At Karen's Table Things, Alexandria, Va. 22314; Lord & Taylor, NYC 10018. **"Flower Basket" wallpaper covering box:** 18½" repeat. $18 a roll. From Kneedler-Fauchere*, LA 90069. At Karl Mann*, NYC 10022.

Page 182, Lower photo

"Tavola" porcelain platter: 11¾" l. $18.50. By Hutschenreuther. At Bloomingdale's, NYC 10022; Bullock's, LA 90055; Marshall Field, Chicago 60690. **"Flagg" lead crystal mugs:** 19 oz. $28 ea. By Kosta Boda. **"Fiddle" silverplate flatware:** 5 pc. placesetting, $45. By Reed & Barton. **"Parsley" cotton napkins:** 20" sq. $2.50 ea. By Katja. At Bullock's, LA 90055. **Self-adhesive vinyl wall covering on wooden florist's flat:** From Germany. $1.39 a roll. At Janovic/Plaza, NYC 10021.

Page 183

Pewter shell dishes: 9¼" d., $35. 6" d., $22.50. **"Cherrywood" lead crystal highball:** 12 oz. $23.50. **"Octette" pewter handled flatware:** 5 pc. placesetting, $40. All by Gorham. **"Verve" polyester and rayon hemstitched napkins:** 17" sq. $2.25. By Vera. **"Nazare" wallpaper:** 18½" repeat. $18 a roll. From Kneedler-Fauchere*, LA 90007. At Karl Mann*, NYC 10022.

CART ON THE GO

Pages 186-187

"Circa" dining chair: Tubular aluminum frame. Baked polyester finish. Vinyl lace and strap seating. $167. **"Polo" contour adjustable chaise:** Tubular aluminum frame. Baked polyester enamel finish. Mesh seating. $249. Both by Brown Jordan. **"Luxor" cotton towels:** Hand, about $5.25. Bath, about $9.75. Bath sheet, about $16. By Martex, WestPoint Pepperell. **Striped cotton bath sheets:** 6' x 3'. $20. **Wooden slat tray:** 2½" x 1½". $12. **Aluminum wire basket:** 9" sq. x 15". All at "Of All Things", NYC 10022. **Frosted glasses:** 6" h. $.79 ea. At Azuma, NYC 10016. **Cylinder glass pitcher:** $11.50. **"Oxford" double old-fashioned glasses:** 13 oz. Set of four, $4.40. **All-purpose goblets:** $3.95 ea. All at The Pottery Barn, NYC 10011. **"Poly-Spray II" mister:** $16.50. **Terra-cotta pots:** 4", $.40. 5", $.65. 6", $.85. 8", $1.75. At King Exotic Plants, NYC 10022. **Plastic watering can:** 12" x 14" h. $12.50. At Bloomingdale's, NYC 10022. **Cotton gardening gloves:** Hand-painted flowers on neutral background. $12.50. At Renny, NYC 10021.

PILLOW CONFECTIONS

Pages 188-189

Pillowcase kits: Each include cotton fabric, cotton and nylon lace, acetate satin ribbon, needle and thread and instructions. In pink, blue, peach, green, yellow, ecru, and white. Case fits 12" x 16" pillow. "Monogram" kit: $35. "Ribbons and Lace" kit: $37.50. Mail order from Stone-Mabry, Inc., P.O. Box 523, Fairfield, Ala. 35064.

RECIPE INDEX

Soups
Carrot soup 94
Hearty fish chowder 94
Chick-pea soup 208
Vegetables and salads
Caviar d'aubergine 214
Rice salad 214
Blanched baby okra with vinaigrette dressing 96
Sautéed diced eggplant 212
Turkish cucumber and grape salad 190
Sauces and dressings
Sauce verte 205
Cream sauce 205
Yogurt and mustard dressing 205
Spicy cocktail sauce 100
Eggs and pasta
Tortellini filled with parsley and ricotta 206
Small macaroni with asparagus, cream, and ham 212
Meat, poultry, and seafood
Broiled striped bass 205
Poached chicken 205
Roast chicken with carrots 215
Shrimp en brochette 100
Cold poached chicken 96
Chicken wrapped in prosciutto 201
Quail wrapped in grape leaves 20
Pan-roasted squab 21
Armenian pizzas 19
Desserts
Tart Tatin 21
Strawberry cake 21
Baked pears 20
Walnut cake 21
Watermelon with plums and raspberry sauce 10
Frozen vanilla yogurt 10
Cats' tongues 21
Ricotta soufflé 20
Torta ricciolina 21
Peaches with honey lime cream 21
Miscellaneous
Suzy's dip for crudités 21
Tarragon bouchées 5
Tarragon cream 5
Sage beignets 5
Tempura of fresh herbs 16
Bread with olives 20
Pizza with rosemary 20
Stuffed dough pillows 20

BUILDING DATA

Materials and equipment used in the house on pages 174-177

ARCHITECT: Richard Sygar
CONTRACTOR: Ron Gaines
SIZE OF HOUSE: 800 square feet
SIZE OF LOT: ¾ acre

STRUCTURE

Foundation: Concrete Block
Framing: Structural grade joists and 2-by-studs with cedar planks on plywood sheathing.

EXTERIOR OF HOUSE

Exterior walls: Cedar planks.
Roof: Asbestos shingles by GAF Corp.
Insulation: Fiberglass batts by P.P.G. in new construction.
Windows: Wood-framed double-hung windows by Woodco.
Doors: Reused existing doors.

INTERIOR OF HOUSE

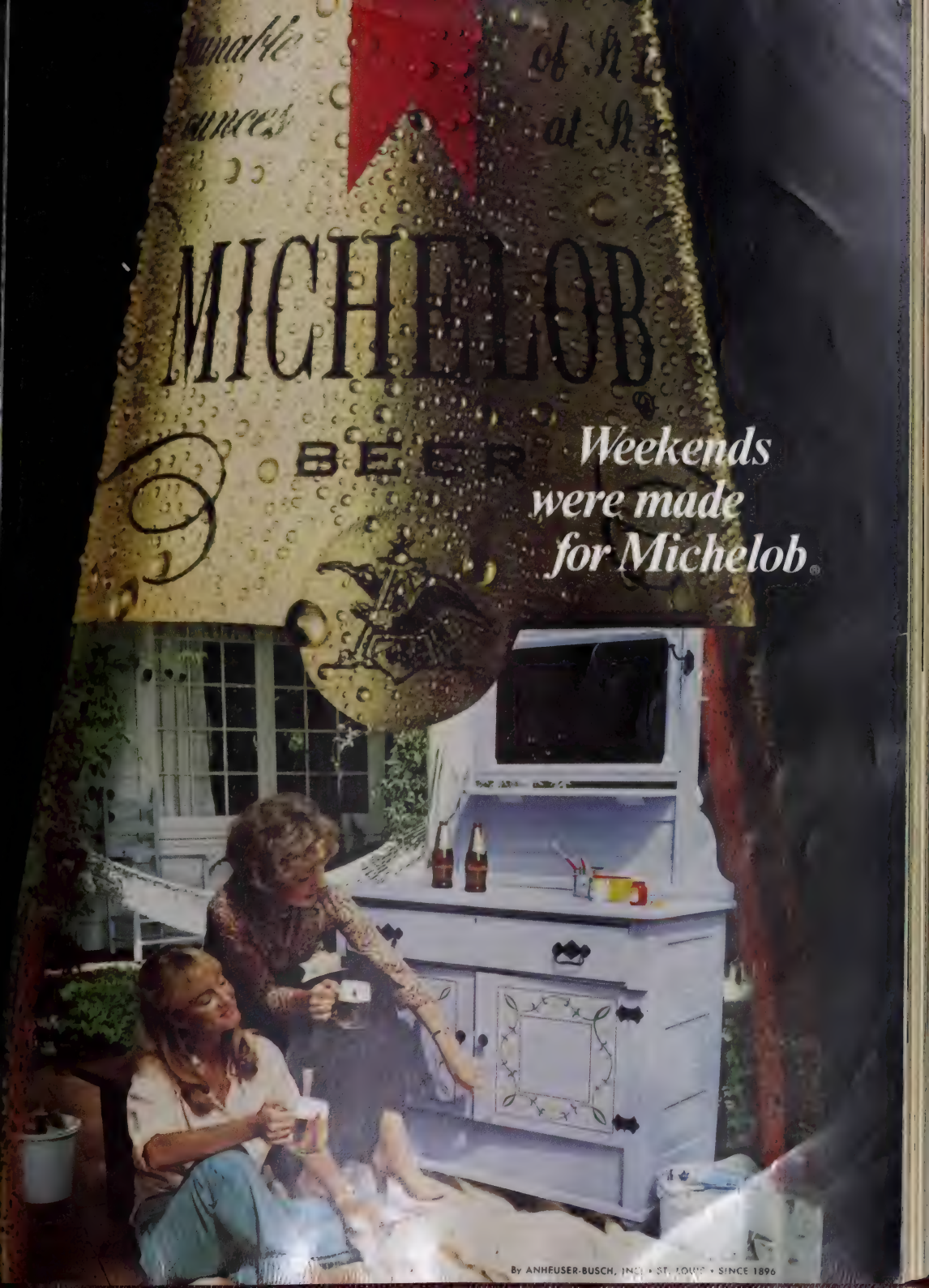
Interior walls and ceilings: In major rooms and bath, sheetrock; in kitchen, plywood.
Floors: In major rooms and kitchen, ¾ inch tongue-and-groove roofers to match existing floors; in bath, ceramic tile by American Olean.
Furnishings and accessories: All from Conran's, New York City; posters from Poster Originals Limited.
Lighting fixtures: Wiremold with sockets 6-inch on center.
Interior paints: White latex paint by Benjamin Moore.
Fireplace: Prefabricated sheet metal fireplace by Majestic.
Kitchen and bathroom cabinets and countertops: Birch face veneer cabinets with butcher-block countertops.
Plumbing fixtures: Shower by American Standard.

MECHANICAL EQUIPMENT

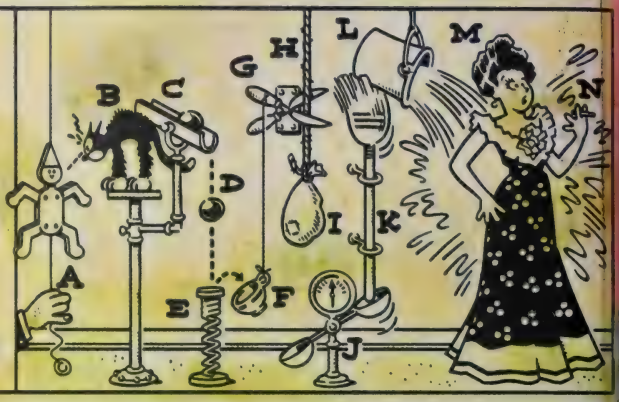
Heating System: Forced-air oil-fired heating with furnace by Fedders.

Correction

In the February 1979 issue on page 13 the built-in wok was designed by Bob Yick of San Francisco.


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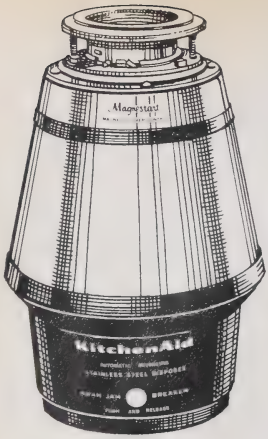
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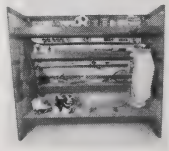
JUNE 1979


Living with nature, p. 128


Works-for-play house, p. 134


Easy-life makeover, p. 164


Ferns for everyone, p. 152


Two-faced divider, p. 162


Sandwich inventions, p. 169

DECORATING, ARCHITECTURE, BUILDING

121 House craft. By Deanne Raffel
126 Rooms that are gardens in a house like all outdoors
132 Two-part family room for food and games
134 A house for play, work, and easy living
138 Living with vitality
144 Quiet for vitality: A house of trees, hot tub in the woods
146 One-room privacy in a forest cabin
150 Sports storage
164 New lifestyle, new look

ANTIQUES AND RESTORATIONS

50 Auction action. By John Block and David Redden
66 Questions & answers: Antiques. By Louise Ade Boger
156 Plantation for a President

CRAFTS

160 The cross-stitched letter
162 The double-duty divider

ENTERTAINING

140 Cooking in the great outdoors
141 Why men like to cook outdoors. By Mark O'Donnell
142 Entertaining with vitality
143 The taste collector. By Roderick Cameron

FEATURES

10 Living. Edited by Paula Rice Jackson
60 You and your car. By Richard and Jean Taylor
72 Happy housekeeper. By Mary Elizabeth Falter
85 Ingenious ways to make your life easier: space-saving storage
99 Herb teas you can grow. By David Wickers
125 How to put more vitality in your life (*Editorial*)

WINE & FOOD

83 Home-smoked foods
94 Quick and easy party food
168 Meal in minutes
169 The total sandwich
171 Sweet and savory sandwich ideas
176 Good spirits: The white wines of summer. By B. J. Cutler

GARDENING

104 Plants around the house. By Richard Langer
152 Ferns forever
222 Gardener's notes. By James Fanning

BEAUTY AND HEALTH

26 Fitness. How important is it really? By Paula Rice Jackson
32 What you can learn from team sports. By Diana Lea
36 Play. It's good for you. By Claire Schoen
148 Sports for vitality
151 Winning is everything. By Paula Rice Jackson
151 Or is it? By Maeve Slavin

TRAVEL

42 How to get the most vacation for your money. By Paul Gross
111 Going places, finding things. Edited by Nancy Richardson. Safari thrills without going to Africa. By Patricia S. Falzarano; Sklark for a day in Boston's marketplace. By Dee Hardie; The sportscar of jetcraft

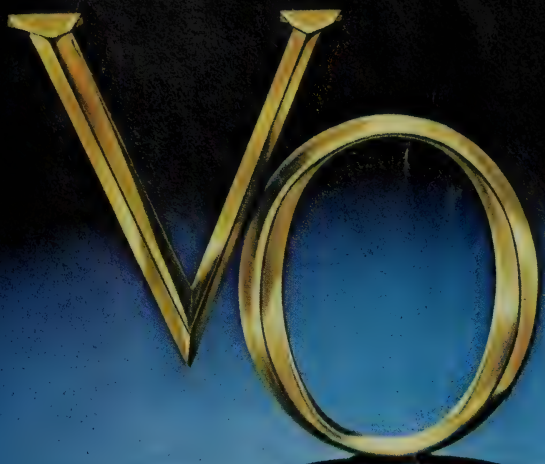
READER'S SERVCE

88 Dear House & Garden. By Margaret Morse
196 Shopping around with Audrey Nichols
219 Shopping information, building facts, recipe index
224 Best in booklets

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On the cover: For a year-round summer garden, a greenhouse living room filled with natural wicker furniture, a log table, ficus trees, and lots of flowering plants. Some are real primroses, tiger lilies, geraniums, and foxgloves in faïence cachepots. More lasting are the fabric hydrangeas and sunflowers on pillows designed by Mark Robinson. Flower fabrics from Brunschwig & Fils and Franciscan; basket-weave fabric from Woodson. Cotton fabric from S. Harris & Co. on Walters Wicker furniture. Log table, Parrish Woodworth. Greenhouse designed by Twining Feinn Associates and architect Joseph Lombardi. For details, see Shopping Information.

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for

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This month: Shakespeare blooms in Brooklyn, decorating by mail, a cache of William and Mary furniture, playing by the book, and a giant auction

LIVING



EDWARD OLEKSAK

Store it here, Sport

No more tangled badminton nets or stray tennis balls, if you keep them in this handsome Italian storage cart. It's called "Portarotoli," and made of 6 hanging wire baskets on a rolling trolley. The baskets come in small, medium, and large sizes, detach in a jiffy. Black or white, $169 from Inter/Graph.



Treasure in Pennsylvania

A treasure in "Small Town, USA" is the recently restored Wright's Ferry Mansion in Columbia, Pa. Here you'll find one of the finest collections of Pennsylvania William and Mary and Queen Anne furniture from 1700 to 1750. (Look for the rare William and Mary chest on chest, 1727, in the parlor.)

This limestone house, one-room deep, was built in 1783 for Susanna Wright, a Quaker of taste and learning. The house reflects a certain warmth, as if Mistress Wright were still there: Fine silk dresses hang in the bedroom; vegetables from the Lancaster markets await the kettle in the kitchen; a ledger lies on the parlor desk. Wright's Ferry Mansion, 38 Second Street, Columbia, Pa. 17512, open May-Oct.

DEE HARDIE

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Imagine the fun of 46 different board games—and you can take them anywhere. It's *Play the Game: The Book That You Can Play*. The book lies flat on a table, comes with its own playing pieces, and is illustrated in color with drawings in the style of the century of each game. Learn about how games developed, from ancient Egypt to today—and then play them! $30 (Reed).



Bare facts for bare floors:

Finishing or refinishing a floor can be one of the most rewarding jobs in bringing new life to a house or apartment. It can also be one of the hardest. To be sure you're doing the best job, read the "Hardwood Flooring Finishing/Refinishing Manual," a booklet that takes you through the 6-step process, from preparing the old floor to protecting the final finish. It's 50¢ and prepared by the National Oak Flooring Manufacturer's Association, 804 Sterick Building, Memphis, Tenn. 38103.

TED HARDIN





BETTMANN ARCHIVE

The Shakespeare Garden needs you

"I know a bank where'on the wild thyme blows" A Midsummer-Night's Dream Needless to say, there's a lot of interest in The Public Broadcasting System's ambitious airing over the next six years of all Shakespeare's plays. And gardening Shakespeare devotees have always delighted in the botanical information they contain. According to the experts, there are some 167 herbs, flowers, extracts of plants, and other natural trees and shrubs mentioned in the plays and sonnets. And one way to learn and enjoy the beauty of the plants is in the new Shakespeare Garden at the Brooklyn Botanical Garden in Brooklyn, N. Y.

About 103 varieties have already been planted in the heart of the garden's 500-acre plan. The official opening is June 23, when almost everything will be in bloom. A serpentine red-brick wall about 3½ feet high, on which vines and creepers entwine, borders the garden on the south. Each variety of plant is carefully labeled with a quote from its play or sonnet as well as the approximate date when the plant is thought to have been brought to our shores. The botanists at the Brooklyn Botanical Garden believe that their undertaking is the largest of its kind in America.

Shakespearean thumbs alert: Still needed are the Adonis Flower, Broom, Cowslip, Daffodil (native variety), Harebell or Holy Thistle, Lady Smocks, Medlar, Oxslips, and Aconitum. If you can help with a plant, please write to the Head Gardener, Brooklyn Botanical Garden, 1000 Washington Ave., Brooklyn, N.Y. 11225.

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KUBINYI

A winter savory for all seasons—and many uses

Winter savory, *Satureja montana,* is the original culinary salt substitute. Although it was used initially to compensate for a shortage of salt rather than to comply with a physician's recommendations, investigating its taste appeal today may well be in order for anyone on a salt-free diet. A rather pungent herb, it can substitute for pepper as well.

Traditionally served with beans, because of its oft-sworn-to ability to counteract that legume's most common digestive problem, winter savory is also, for the same soothing reason, used in salad dressings, particularly for cucumbers. Trout is delicious served in savory. And, of course, there's tea. Peppery and hot, savory tea really puts the zing into your hot beverage repertoire.

The leaves of *S. montana* are narrow, needly, and thyme-like. The perennial is adept at indoor growth if raised in a cool, sunny spot. It prefers sweet soil, so add a teaspoon of lime to the potting soil, which should otherwise be rather lean and plain. Water your winter savory moderately and pinch back as you cook with the leaves to keep it bushy. If you need more plants, hill some rich, humusy soil an inch or 2 up the stem of the parent plant. Keep this soil constantly moist, and in two or three months new plants will form at the base of the old. Separate and pot up in lean soil, and the winter savory will keep coming. Order seeds from Park's Seed Co., Greenwood, S. C.

RICHARD LANGER

GARDEN ART

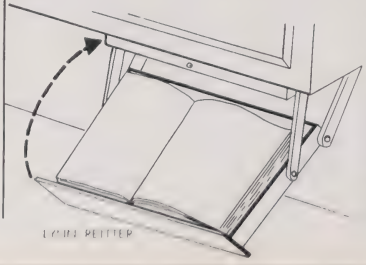
Out of the museum and... into your life

"You have to think of a museum as a guardian of the things that have been made during the course of a civilization's development. A museum can no longer be merely a repository, a bank vault for safe keeping." So says Mr. Daniel Berger, the manager of the Metropolitan Museum of Art's new Mezzanine Gallery, scheduled to open this fall. "People today want to be able to use the beautiful things they see here." As manager of the Museum's new Print Publication Program, Mr. Berger has commissioned limited-edition prints from some of America's best-known modern print masters. Who's participating? Ellsworth Kelly's charcoal sketch of botanical subjects on fine Rives paper starts the series. Prints by Helen Frankenthaler, Alexander Liberman, Nancy Graves, Al Held, and Richard Haas will be part of the group. Another of Mr. Berger's projects is the introduction of the Italian "Doccia" pattern for a dish made from the same molds and by the same factory at Sesto Fiorentino in Italy. The dish measures over 9 inches long and costs $35; the Kelly print, $500. Write for The Metropolitan Museum of Art Catalogue, Box 255, Gracie Station, New York, N.Y. 10028. $1 ppd.



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LORI PETTER



EDWARD OLEKSAK

Antiques in order

When you collect antiques, you will find that you're acquiring plenty of papers to go with them—receipts, bills, insurance forms, and the like. "The most important, the bill of sale, is the best way of authenticating what you bought, because it has a description of the piece on it," says David Redden of Sotheby Parke Bernet in New York. "You should keep all other forms and receipts in order to report capital gains or losses on your tax forms." You can keep all this information together, neatly, in *The Kovel's Organizer for Collectors,* with space for listing over 150 pieces plus room for photographs. As the book is loose-leaf bound, you add pages. Crown. $8.95.

Foreign aid

Getting your money's worth when you buy abroad can be very confusing when you're constantly shifting between different currencies. Now you can translate to dollars in seconds with "Unicon II International Money Converter." It works like a simple slide rule with an adjustable scale. You set the exchange, line up the scale, and the dollar value appears on a second row of fixed numbers. The converter includes clothing charts, metric measurements, and an extensive list of the names of currencies. Like money, it's made of paper. $2.95 at bookstores everywhere, or write 3602 W. Glen Branch, Peoria, Ill. 61614.



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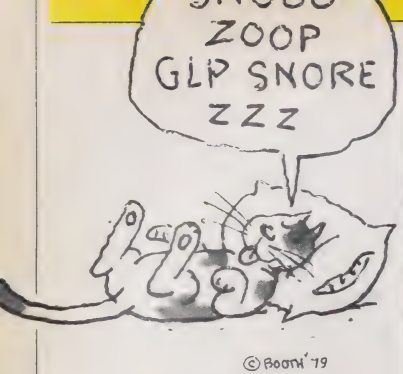
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Common sense cat care

Two books on cat care offer useful information to all caring cat owners. *The Common Sense Book of Complete Cat Care* by Louis L. Vine, D.V.M., is divided into four parts: the life cycle of the cat; personality, intelligence, and behavior; an ounce of prevention; the ailing cat. Of particular help is the accompanying appendix which contains essential information listed according to observable symptoms, such as "ear, drooping," or "snoring," or "back hunched up and abdomen tucked in." It's $12.95 in cloth or you can get it for $8.95 in paperback from William Morrow Publishers. The other book, *The Complete Kitten and Cat Book*, by Norman H. Johnson, D.V.M., with Saul Galin, also thoroughly covers feline ailments, nutrition, and health care. It's $12.95 from Harper & Row. It is a bit chattier than the *Common Sense* book and there is a brief section added on facts about wild cats. Animal defenders concerned about pet overpopulation will lament the fact that both books dwell too much on breeding and say little to discourage it. Otherwise, either is a good book to keep handy.

PATRICIA CURTIS

PET NEWS



Auction action: the Sonnenberg sale

The celebrated art and antique collections of the late Benjamin Sonnenberg will be up on the block at Sotheby Parke Bernet from June 5-9. If you are a collector yourself or an interested bystander, this sale has much to offer. For lovers of old brass, for example, the preview should be an education in itself. Mr. Sonnenberg's brass spanned four centuries of the art and is thought to be extraordinarily complete. Pottery? Rare majolica from Renaissance Italy and Isnik pieces from the 16th-century Turkish Empire. There is a pair of Moore and Gumley mirrors in gilt-gesso frames, and fine English furniture, which Graham Child, head of the English furniture department of Sotheby Parke Bernet in London, described as being the kind he saw perhaps once in a decade. The catalogue for the sale will be a coveted document. Preview: June 1-2. Parke Bernet is at Madison Avenue at 76th Street in New York City. Its Sonnenberg catalogue is $10 postpaid. Write 980 Madison Ave., New York, N.Y. 10021, c/o Catalogues and Brochures.



Decorating by mail

The mail-order catalogue—convenient, fun to read—is almost exclusively American. One of the great ones is the new Conran's 1979 Catalogue, which you can order for $2. Conran's, called Habitat abroad, has stores in London, Brussels, Paris, New York City, New Rochelle, N.Y. and plans are in the works for an opening soon in Washington, D.C. The catalogue has 112 pages of furniture, household utensils, baskets, dishes, toys, materials for upholstering, clocks, pillows, prints, and posters. To get a copy, write Conran's, 10 Cedar St., New Rochelle, N.Y. 10810. Be sure to include your name and return address with your remittance.



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What's showing and where

Los Angeles County Museum of Art: "Treasures by Peter Carl Fabergé," June 7-Oct. 28. 80 works by the fabulous Russian craftsman of the Imperial court; Easter eggs, floral miniatures, clocks, desk accessories, perfume flacons, cigarette boxes; subject of recent PBS series. "Japan Today," May 23-June 27. 6-wk. series of 12 rare Japanese films made between '46 and '77.

National Gallery of Art: "Cycladic Art: Ancient Sculpture and Ceramics of the Aegean (3500-1500 B.C.) from the N.P. Goulandris Collection," May 20-Sept. 3. First major exhibit of ancient Greek art sent to U.S.; largest, most important private collection, 166 objects. Washington, D.C.

Air and Space Museum of the Smithsonian Institution: "Living Planet," April 5-Dec. 31. Film by Francis Thompson on 5-story-high IMAX screen; film is stunning testimony to the value of effort of preserving the earth from further technological plunder. Washington, D.C.

Everson Museum of Art: "A Century of Ceramics in the United States, 1878-1978," May 5-Sept. 23. 400 works in clay by 160 artists, from Adelaide Robineau at the turn of the century to Peter Voulkos and funk artist Robert Arneson. Will travel nationally for 2 years. Syracuse, N.Y.

TV: May 22, 9 P.M., PBS. Lewis Mumford on Architecture.

WHAT'S ON

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BY PAULA RICE JACKSON

Fitness: How important is it, really?

A fascinating look at what Americans honestly think about exercise, and how to be smart about starting a program of your own

What do you think is the most popular form of exercise in America right now? It's not tennis. It's not running, either. It's walking. Swimming and calisthenics place close seconds. Who do you think is more serious about planning or carrying through a new program of workout, men or women? It's women. Exercise reduces your appetite, right? Not enough to validate the claims made by even the most committed enthusiasts. And almost half of the really serious runners say theirs has been increased.

Early this spring a 59-page report documenting fitness in America was released. Louis Harris and Associates, known nationwide for its political forecasts of public opinion, made a survey of some 1,500 Americans, 18-years and older, about exercise habits today. The report was commissioned by Great Waters of France who distribute Perrier bottled water. You may know that Perrier is a cosponsor of the New York Marathon held during the fall in New York City. The study revealed three things: Americans' attitudes and beliefs about the necessity for exercise; their exercise habits; and the extent of their clinical information and knowledge about the benefits exercise can produce. The Perrier Study is the first of its kind since 1961 and that near-20-year interval turns out to have been a period of phenomenal growth in physical awareness.

Ninety million people are taking some form of exercise today. Those millions are divided into three classifications: "high-actives," "moderate-actives," and "low-actives." The Harris poll's questions included many that were directed to people who get no exercise at all. These are called "non-actives." Then, some way had to be found to describe the kinds of demands exercise exacted from the individual; a walk in the country is not the same as 10 minutes of squash. Making these allowances, the Harris poll found a solid, committed-to-exercise 15 percent of Americans who pursue fitness and self-improvement. Let's look at some of its findings:

Like father, like son

One of the most valuable and far-reaching conclusions drawn by the study is the overriding importance of shared family activity. An unusually high percentage of the "high-actives" interviewed practice the same sport as at least one of their parents. They remarked again and again that the interest and direction given by a mother or father was crucial to their developing an ongoing participation in sports. About 93 percent of the parents interviewed said that they felt fitness activities were as important for their daughters as their sons. What's changed? The notion that only certain sports are "appropriate" for boys *and* girls. Options are increasing for girls, and parents are expressing increas-

Continued on page 28

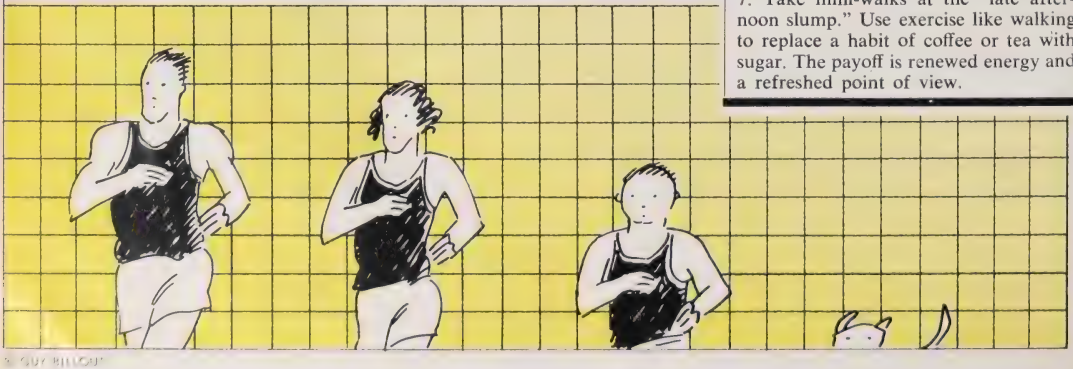
Take a walk! And get the most from it



"The exercise that benefits you most is the exercise you do," says Charles Kuntzleman, author of *The Complete Book of Walking* (Simon and Schuster). America loves to walk—it's the country's favorite way of getting exercise. Also a senior consultant on physical fitness to the executive board of the YMCA, he has worked out a plan to help you make the most of every minute you can get for life-enhancing walks:

1. Learn to take your pulse and find out what your target pulse-beat area should be for your age. Usually this means 70 to 85 percent of 220-minus-your-age beats per minute.
2. Get comfortable running shoes. They'll be an important factor in your sticking with a walking program.
3. Draw up a starter program such as promising yourself to walk 20 minutes 4 days a week. Raise it to 25 minutes a day, 4 days a week and increase by increments of 5 minutes until you're walking 45 minutes, 4 days a week.
4. Check your pulse every day. Keep a record and watch it decrease as your body becomes more efficient.
5. Breathe rhythmically and let your arms swing by your sides.
6. Use your walk to amuse yourself. Use your eyes to take in changes of light and shadow, colors of nature, architectural details of your surroundings. Shifting your focus frees your thoughts from nagging or persistent doubts.
7. Take mini-walks at the "late afternoon slump." Use exercise like walking to replace a habit of coffee or tea with sugar. The payoff is renewed energy and a refreshed point of view.

Off and running: exercise family style





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Because being a woman—is everything.

Piqué.

By Paula Kent Perfumes from Redken
at select hairstyling salons.



continued from page 26

ing disapproval of contact sports for young boys.

Women are interested, too

Women are joining sports activities at a distinctly more rapid rate than men. For example, the number of women who have begun running in the last 2 years is 20 percent higher than the number of men who have begun to run. Other sports that appeal to women in large numbers and for longer spans of time are golf (highest rated at 58 percent), then calisthenics, softball, and tennis.

Myths about the benefits of an exercise program

"You eat and sleep less when you're properly exercised." It's a widespread claim, supported by many, but the Perrier Study could not find sufficient testimony to validate these two popular assertions. Among all activists, 66 percent said that exercise had no effect on their diets at all, and 43 percent said it had no effect on their appetites, either. Only 9 percent of the actives said they felt their appetites and attendant intake of food were reduced through thorough exercising. The big effect on dieting reported by these people is that their intake of water is more (46 percent) and fruit juices (34 percent). The national average of hours for sleep is 7.5 according to the Perrier Study. Its findings indicate that this remains unchanged among those who exercise.

Why people don't exercise

Many non-actives said they thought the current emphasis on physical fitness was a fad and another craze, and they wouldn't become involved. One widely held but erroneous assumption is that exercise can overdevelop the heart, which may be dangerous later in life.

The Study found that there was a strong belief among "low-actives" that an ordinary day's activities provided sufficient exercise, and that it wasn't necessary to set aside special time to consciously pursue it. ("High-actives," 51 percent of them, disagreed with this assertion and said that regardless of how much of a workout they got, *they still required more to stay fit.*) "Low-actives" also said that in their lives there wasn't enough time to pursue an exercise program. When "low-actives" and "high-actives" compared the amount they had available for "free time," it was almost exactly the same—about 25 hours a week. Other reasons for not getting involved have to do with unfavorable weather (15 percent), lack of interest (11 percent), and, by those who'd own up to it, laziness (7 percent).

Why people begin a program

The outstanding reason non-actives gave for beginning a program was a doctor's advice. The most common reason given by "high" and "moderate-actives" was for long-term preventive health maintenance.

It appears that the public as a whole understands the fundamentals of exercise and is aware that *strenuous* activity increases the efficiency of the heart, lungs, and circulatory system. Ninety percent of the 1,510 people questioned thought that exercise reduced their potential for a heart attack. *Where the uncertainty still lies is what constitutes the best exercise to stay fit.* Those least informed about exercise are the elderly, but the survey showed that there was an appreciable percentage of people in every age group who were either misinformed or not interested in what it takes to stay fit. Eighty percent of all actives were aware that exercise had psychological benefits, that they "somehow felt better" when they stuck to a course of workouts, that psychological fitness was a benefit of sustained momentum.

Future trends

Walking's the favorite; running is still booming; and swimming is leveling off along with hiking and bicycling. More than *21 million people are involved in calisthenics programs,* both as a sport in

Continued on page 30



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continued from page 28

itself and *as a warm-up for other sports.*

The overall conclusion from the Perrier Study is that America is committing itself to an ideal of fitness that can be seen and demonstrated across the country. And the Perrier Study acknowledges the family as an all-important center for instilling fitness goals and taking charge of the follow-through to achieve them. Great Waters of France has made the complete study available to House & Garden readers for a $3 mailing charge. Write: The Perrier Study, Great Waters of France, 595 Madison Avenue, New York, N.Y. 10022. It makes fascinating reading! ■

Beauty and health products new this month in the stores

A reward for your body: A wonderful blend of herbs and spring flowers has been put together in one of the most luxurious groups of bath products ever—it's called **Body Basics** and it's designed to treat your whole body the way you lavish your face. Here's how—three products for your bath: a bath-and-shower gel that's great to smooth all over yourself with a natural sponge, a soap, and a creme bath; après bath, a body toner that's just like a liquid emollient to briskly rub on arms, legs, and shoulders; a thick rich body cream to follow through with on heels and elbows; and to finish it up, a spray of Eau Fraiche. If you want to complete the ritual, there's even a natural spray deodorant to try. The three essentials for good skin care—cleansing, toning, and moisturizing—are incorporated into the set . . . and that scent? It's fabulous! Body Basics by *Elizabeth Arden:* Bath and Shower Gelée, $8.50; Moisture-Rich Soap, $5; Moisture-Rich Creme Bath, $9; Gentle Body Toner, $8.50; Body Moisturizer, $8.50; Natural Spray Deodorant, $5; Eau Fraiche Fragrance, $8.50. At fine department stores.

For your convenience: New from *Neutrogena*—a **travel kit** filled with travel sizes of its skin cleansing products: It'll have a ¾-ounce tube of Norwegian Formula Hand Cream, 5 pacquets of Sesame Seed Body Oil, 3 1-ounce bars of Neutrogena Soap, and 2 1-ounce tubes of Rainbath Bath Gel. That ought to hold you no matter how long your vacation is. And the kit itself is small enough to tuck into a makeup case or large pocketbook. Not bad at $3. Look for the kit at good drugstores and department stores.

For your skin's protection: Two new helpers: one a lightly tinted moisturizing day cream that gives your skin a

Continued on page 70

See you later, alligator.





This is JCPenney

BY DIANA LEA

What you can learn from team sports

The values of cooperation, team effort, and good sportsmanship that can help make your life more rewarding

"*Life* is going on down on that field," my father used to tell me during family outings to football games. "Team sports are just like marriage and business: You have to pull your own weight—but you win or lose together." Although my father's generation is one of social responsibility and ours of self-fulfillment, his wisdom abruptly leapt into consciousness as I sat with friends watching the Super Bowl on TV. What values for real life could be learned, I wondered, from watching, or playing, team sports?

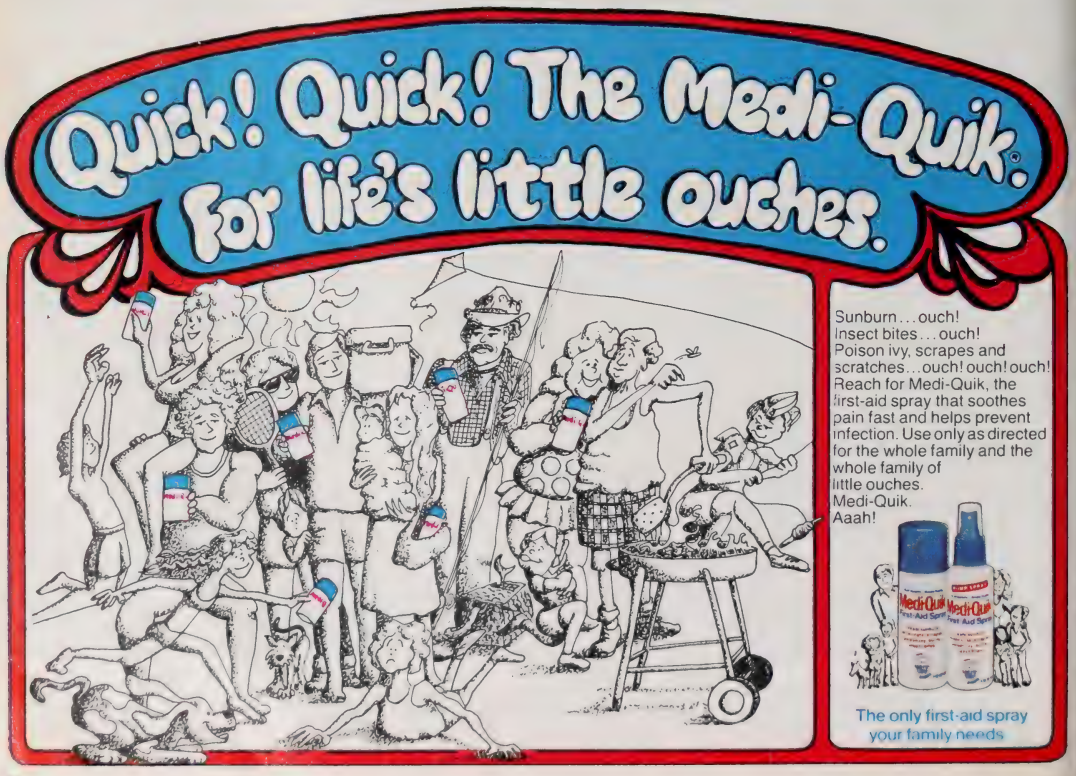
Goals, boundaries, game plans

The purpose of any team sport seems obvious: the goal—to win the game. It's the striving for the goal that ties team members together. Marriage, too, aims to win, although the current mood of "looking out for No. 1" has colored the goal a bit fuzzy. "The reason so many people are unclear about its objective," explains Herbert Holt, a New York City psychiatrist, Dean of the Westchester Institute for Counseling and Therapy in Rye, N.Y., and author of *Free to Be Good or Bad* (Evans), "is that the get-ahead values of corporate life have overflowed into marriage. Just as most team managers are interested in maximum results for minimum pay, many personal relationships today are predatory, self-serving. The real goal of marriage is to maintain a loving relationship of solidarity, affection, and kindness, and although one or more interests can hinge a marriage together—business, golf, French cooking—they are like home runs or touchdowns—means to achieve an end."

No question about boundaries in team sports, either. Inherent in every assignment is a set of perimeters—the space an athlete must cover if he plays a position. "Husband and wife should also be aware of boundaries," says Dr. Holt. "Not just the obvious divisions of labor, but the sensitive areas that both silently agree not to trespass—for example, what he thinks of her ex-husband, what she thinks of his jokes. Everyone needs some privacy; it is only when hidden resentments build up that the boundaries must be torn down and a new understanding reached."

What about boundaries between parents and children? "Here one must be careful: If the boundaries are too formal

Continued on page 34



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with his responsibilities on the field. According to Hank Stram, the coach who took the Kansas City Chiefs to two Super Bowls, the emotionally controlled, self-directed personality usually ends up on the offense, because he must carry out the plan, initiate the action. In contrast, the outgoing, emotionally responsive/expressive personality usually plays defense, because he must react to his opponents with utter abandon.

Family members must likewise find their niches. "A major problem in marriage today," says Dr. Holt, "is that partners enter the relationship with notions passed down from generation to generation about what a spouse's role should be. Imagine if Scarlett O'Hara's feisty business sense had been wasted on embroidering lace or pouring tea, or that Ashley Wilkes's dreamy idealism had to survive the wheelings and dealings of Wall Street. Family responsibilities should be assigned according to personality and interest. If John likes to race around outdoors, don't turn feminist on him and force him to dust; instead, let him go out for the paper and run with the dog. If Jane is sweet sixteen and constantly tying up the telephone, let her call for the groceries. If you suffer from math anxiety, let someone else balance the checkbook."

But what about all the chores nobody wants to do, like taking out the trash? "Close your eyes and draw from a hat. The important thing is that responsibilities be handed out only after they have been discussed and mutually agreed upon by all members of the family. They should never be imposed, or arbitrary."

Lessons in leadership

According to Coach Stram, now a football analyst for CBS TV and Radio, the coach is privy to more input—from management, computer printouts, team members themselves—than the players, and therefore assumes the ultimate responsibility for how the game should be played. In marriage, husband and wife take turns playing coach: The

Team sports
continued from page 32

—the parents too distant, their attitudes too authoritarian—the child will feel isolated. If the boundaries are too lax—the discipline not firm and consistent—the child will feel insecure because he is given control of a situation he hasn't wisdom to control." As novelist Peter de Vries puts it, the values of a family "is not that adults produce children, but that children produce adults."

In sports, families, or business, the odds are in favor of those who understand the variables that determine the logistics in football—the strengths and weaknesses of one's own team and the opposition, the weather, time left to play, and the score—can also help plan real-life action. Gutsy strategies are particularly in demand for women who, as a group, have been notoriously timid about taking risks. Margaret Hennig and Anne Jardim, authors of *The Managerial Woman* (Anchor Press, Doubleday), say that whereas men see the two faces of risk—loss or gain, danger or opportunity—women see only its negative aspects. They need to develop the habit of strategic planning, to assess concretely what they want, weigh the costs and rewards involved, and then figure out how to go about getting it.

Execution counts

There's more to sports than strategy, however, and more to life situations, too. George Allen, formerly the winningest coach of the Washington Redskins and the Los Angeles Rams, asserts that good execution (passing, kicking, blocking) results in a lot more touchdowns than surprise maneuvers. Similarly, romantic surprises—breakfast in bed, peonies on the first day of spring—add zest to a marriage, but they do not guarantee its happiness. "You learn to love by loving," writes Aldous Huxley, "by paying attention and doing what one thereby discovers has to be done."

Who's on first?

In football, the personality of the player usually matches up





action will affect an entire play. "Never think individually when the ball is in play," says Coach Allen. "There is no 'I' in T-E-A-M."

"Marriage," says Dr. Holt, "is a voluntary obligation. If you don't want to consider your spouse's welfare, then you're better off remaining single." For instance: A husband wants to switch jobs and move to Chicago. But his wife is in a highly specialized field and may not be able to find work in a new city. Will his raise compensate for the lack of her salary? How will not working affect her self-esteem, and consequently, her attitude toward him?

Dancing school may teach us social graces, but it is in the sports arena that we first learn the nitty-gritty social skills: sportsmanship, empathy, cooperation. Tennis star Ilye Nastase may turn brat on the court, but teams rarely let their members indulge in tantrums. Teams foster self-confidence, reduce inferiority feelings, and all but cure oversensitivity to criticism and overresponsiveness to praise.

At pep talks and strategy sessions, says Hank Stram, "the coach usually includes each player in the discussion. Each mistake is talked about, each accomplishment recognized—no matter who makes them. Players don't feel the sting of criticism when everyone's performance is put on the line." So if Mom is dubbed an athletic clod, Dad a literary zero, it's because "in healthy families there is a sane dose of kidding as well as a system of checks and balances to keep anyone from soaring too high or dropping too low," explains Dr. Holt. When Lisa sticks her nose in the air—Monopoly with her younger sisters is a drag now that boyfriends are calling—they remind her that the captain of the football team never phoned back. When Tom, the family's answer to Bucky Dent, doesn't make first-string varsity, his sister sets him up with a smashing date. "Family members help one another realize that every mistake doesn't mean blowing the Super Bowl, and that every achievement

Continued on page 40

re knowledgeable partner each situation usually takes er. Mom, who began racing amarans at age 12, gives orders up on deck: Dad, o specializes in Bavarian eams and Babas au Rhum, ver gets challenged in the lley. "In good marriages," ys Dr. Holt, "partners are ceptive to one another's extise." What about the tieakers? "Only couples who el they're playing on opposg teams must compete over erything. A good partnerip involves a little concesn here and there, and a lot cooperation."

Parents often find themlves in the role of coach, sciplining, inspiring trust, ving encouragement. Allen, ho along with Stram is also football analyst on CBS-TV, ys he was often a father gure for the players: "I used hold individual conferences discuss players' problems—ot football problems, but ersonal ones. I wanted to now every detail, so we could lve them. Only with a free ind can an athlete play well; nd only with everyone playing well can we win." In the same way, Betsy, snuggled on her mother's lap, can talk about her "F" in spelling and get not only help but reasurance. Peter, fishing alone with his dad, can admit that acne stands between him and a date. Like tents in the rain, good parents, like good coaches, offer comfort and/or solutions. But above all, it is by listening with an understanding heart that they gain their children's—or their players'—confidence and respect. And just as rookies learn more from the superstars in sports ("Day in, day out they observe how the Reggie Jacksons handle different situations," explains Bob Lemon, manager of the New York Yankees), so children use their parents as role models. "Example is always more efficacious than precept," wrote Samuel Johnson, and parents should keep in mind that children are, at least sometimes, quick to imitate good and bad traits.

Teamwork is everything

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BY CLAIRE SCHOEN

Play! It's good for you

Sports people, doctors, and experts at having a good time show why play can be the most healthful thing you can do

Somewhere in New York City there is a bus driver who is also a good-natured comedian. In fact, people often ride a few stops further just to listen to him. When I, unknowing, boarded the bus and handed him my transfer ticket, he looked at it, looked at me, then looked at the ticket again. Then he turned to his audience of passengers and said: "It's just a transfer ticket. I was hoping for a dinner invitation." The next rider got on, a woman struggling with packages. "Can we have a redcap to the front of the bus please, paging one redcap!" announced the driver.

This man has obviously found a good way to approach his job, playfully, making it fun for him and for his riders. It is something we can all do, whether it's by bringing play with us to work or playing hard when work is over. Play is something we're born with; it comes naturally. And we all need it.

But, you ask, what is meant by this word "play"? The dictionary has more than 50 variations on its meaning. This is probably because play depends on individual preferences and needs. You might play tennis, while I'd rather play the guitar. The two are completely different activities, yet both should, in the long run, provide the same result: a feeling of pleasure and enjoyment, personal fulfillment. Play may cover a wide range of activities and definitions, but we all have some idea of what it means to us.

Dr. Thomas Tutko, sports psychologist at San José State University, defines recreational play as "time set aside to indulge in behavior that others may view as frivolous. Think of the word recreation as re-creation," he says. "You are giving yourself new space, new freedom with your time. You're re-creating it for pleasurable activities. Play is what you would do if you were totally free."

But none of us is totally free. Whether we have limitations set by time or by location, we are not always able to play the way, ideally, we would like to. So we either change to broaden our limitations if we can, or we find a new way to play. Whether it's amusing passengers on a bus, playing volleyball after work, or changing our lifestyle completely, we all find play somewhere. One young man, having just completed law school and passed the bar exam, decided that he wanted to play before starting work. He decided to spend a winter sailing in the Caribbean. To him it was just time off before pursuing a career in law, but it also gave him a new skill and a fresh outlook he can draw on all his life. "Play is an individual thing," says Dr. Tutko. "It's time set aside for you, for what you want and need. It's not selfish, it's necessary."

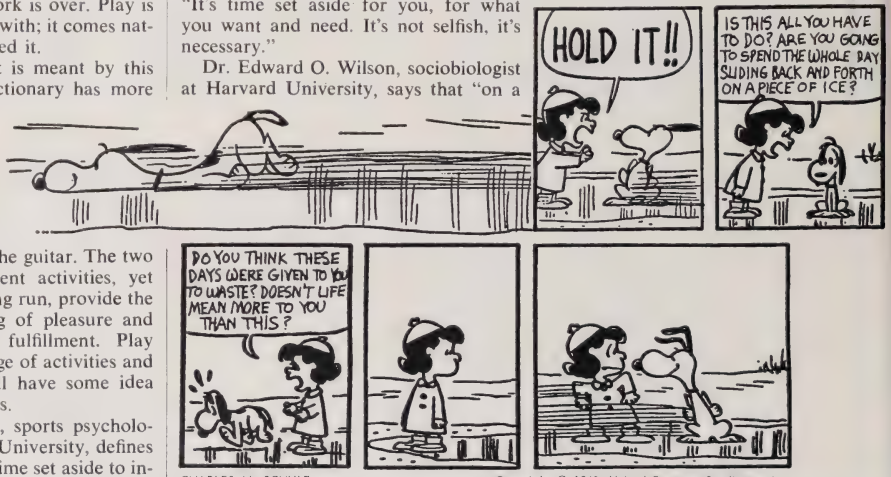
Dr. Edward O. Wilson, sociobiologist at Harvard University, says that "on a deeper, biological level, play can be a deadly serious matter. Animal studies have shown that play is actually a rehearsal for life's later challenges. It contributes to natural survival. We often think of a kitten as a very playful animal. But if you watch closely at the way a kitten plays, you'll see characteristics of stalking, chasing, and fighting that would be crucial for survival if it lived in the wild."

From the start of our lives, play comes naturally. Before a child learns to walk or talk, he plays peek-a-boo, laughs at funny faces, and explores the world with no other purpose than to see what it's all about. "It's pretty hard to prevent children from playing," says Dr. Wilson.

"Children are industrious about it, too," agrees Dr. Tutko. "They 'work' at playing." In early teen-age years, he feels, play becomes a way to establish one's identity, especially by pursuing special interests such as sports.

"Sometimes around the age of 18, when a person is accepting more adult responsibilities, play can take on a negative connotation," says Dr. Tutko. "People tend to think that if you're always playing, you probably aren't taking life seriously. Certainly all play is not the most healthful lifestyle. But all work and no play isn't possible either. No one should take life seriously all the time. You need to bring some play into your life, whether it's just a playful thought or anticipation of fun things to come. It's a way to relieve pressures from the workaday world and it's also a source of individual growth. We each have within us a highly creative person that is often overlooked in our workday routine. Through play, we can find creative outlets to solve problems and develop new ideas." Dr. George Sheehan, cardiologist and renowned runner, agrees that play can be creative. To Dr. Sheehan, running is play. "If I were trying to get people to be more productive on the job, I'd give them all sweatsuits and then send them running at lunchtime. For me, my stream of consciousness becomes torrents when I run. New ideas and thoughts

Continued on page 38





"I was skeptical. I didn't think my Potscrubber® III dishwasher would get off dried barbecue sauce."



Brenda Dixon

Mrs. Brenda Dixon,
Dallas, Tx.

continued from page 36

come pouring in."

Cartoonist Charles M. Schulz, creator of *Peanuts*, has combined play and work for years: "I don't need to use play as an escape or to relieve work pressures, because my work *is* play to me. And I think that has had a great deal to do with the success of the comic strip. Because I don't have to force myself to give my all to the job, I can work even harder. I can't think of much else I'd rather be doing than drawing Charlie Brown, Snoopy, and the rest of the characters."

Often too, if you find play and work to be synonymous, this can rub off on others. This is especially true in teaching, in the classroom or in a work-training situation. One astronomy professor at a northeastern university finds that by being playful he keeps students interested. And when they're interested, they'll learn more quickly. Some of the ways he "plays": weekly contests (not quizzes) with a grand prize of a Milky Way candy bar; special previews of such records as "Hypotenuse Turtle Goes to Mars"; and occasional lectures on the evolution of the tin can. Between all these, the course is packed with a range of scientific information that is not always easy to learn. But because the approach is occasionally lighthearted and fun, students are genuinely interested, willing to work hard—and they perform well, too.

Pat Schroeder, Colorado congresswoman and mother of two, finds that play is "a survival mechanism" on her job. "I have to be playful to relieve the pressures that go with being one of 16 women in Congress. There are a lot of people here who take themselves very seriously, sometimes too much so. I take my job seriously, but I like to keep it in perspective. I like spontaneity, and surprising people a little. Once I sent a colleague some balloons in response to a committee meeting—a sort of thank you. He couldn't believe it. Some people don't understand me at first, they ask 'Why won't she stop playing and grow up?' But once they realize that I'm not making fun of them, they trust me and laugh with me. And then our job becomes much easier."

Play is also important in physical fitness programs. Says Dr. Sheehan: "People aren't going to run because they know it will make them healthier, live longer. They'll run because they enjoy it. *Then* they'll realize that it's good for them. Too often, I've seen play taken out of physical education. When you tell a child to run around the track as a form of punishment, he won't consider it play. Why not tell him he *can't* run instead?"

Play that is over-organized or forced on children turns into competition or drudgery. "When kids are left on their own they'll find games to play, organized with their own rules," says Charles Schulz. "They may argue over who was out at second base, but they still play. Often, adults try to get children to play specific games that they don't really want to." Says Dr. Sheehan: "We went wrong in the 8th grade, when we put our bodies behind desks and concentrated on what the mind can do. Luckily, some genius discovered recess."

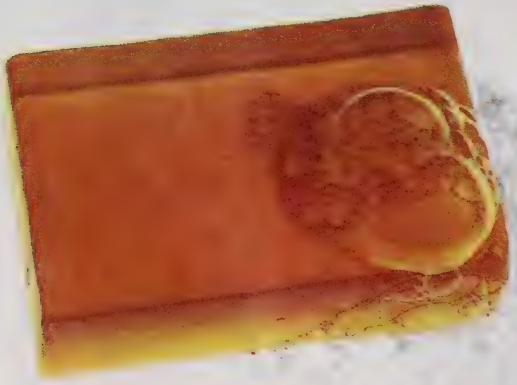
The attitude of "I'll be the hero if I catch the ball—or the goat if I drop it," so often expressed by Charlie Brown, is part of competition, not play. "I think a lot of people can identify with Charlie Brown; that's why he's so popular," says his creator. "But the most important value of play is to be able to enjoy it whether you win or lose, in the same way that you should be able to laugh at yourself. I don't think that you can play carelessly, without making any effort. Then there wouldn't be any game. But in my mind, there's nothing like a good loser."

At the New Games Foundation in San Francisco, there are never winners or losers because everyone manages to play on the same team. The Foundation, dedicated to bringing play into people's lives through training sessions and new games, concentrates on getting everyone to participate and play as best he can. Once a game has started, the rules can change if everyone agrees. Traditional games, such as volleyball, can be altered so that everyone plays on the same team (for example, circular rotation around the net).

Burton Naiditch, codirector of the foundation, has discovered that some people play harder than others. "I don't think it has anything to do with where you're from or what you do for a living. Some people have blocks against certain kinds of play. I think that men tend to be more competitive than women, and are often involved in sports that require strength. But once they loosen up, they have a great time. Women tend to be better at cooperating in games. So we try to combine the aspects of cooperation and competition in our new games, giving everyone a chance to learn how they play." After special training sessions, the players discuss how the games went, to learn more about how they interacted with each other.

One group that learned about play from the New Games Foundation were some editors at a New York publishing house. "They were having trouble with the idea of a book about us," says Burton Naiditch, "so we stopped talking and asked them to form a circle. We played a game called 'knots.' People hold hands across a small circle and then try to untangle themselves from each other. Within minutes the editors were all laughing, and admitted that it was in fact lots of fun. In abstract, play can be hard to explain, but once you experience it, it's great."

Continued on page 70



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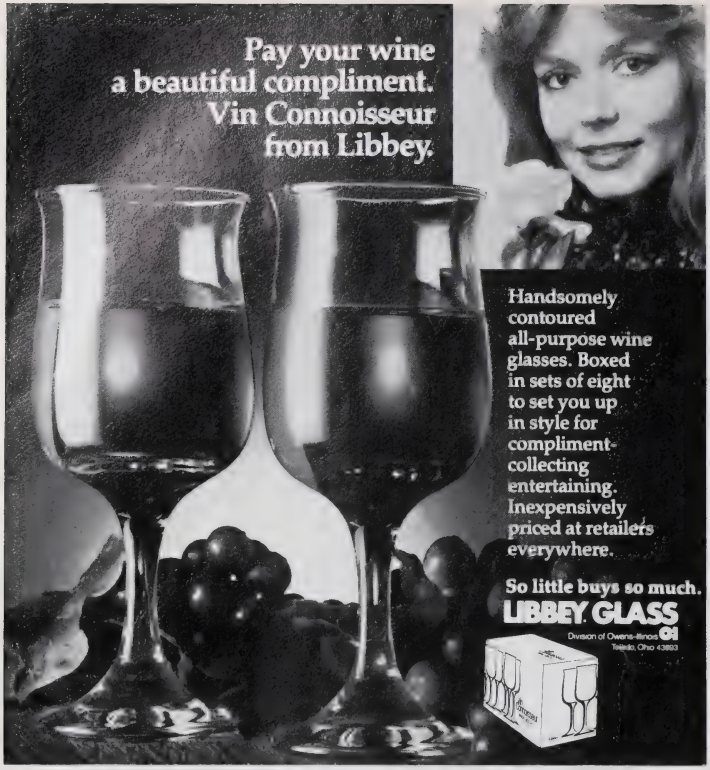
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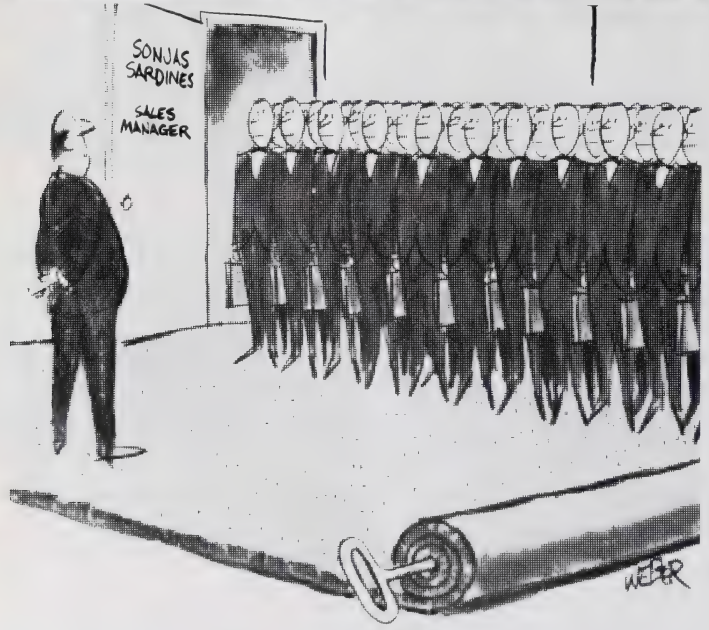


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doesn't merit the Heisman Trophy."

Team members don't hog, they share both champagne and the Kleenex. Just as there is togetherness in the locker room—players hoot and holler in victory and slump silently in defeat—so families should empathize with one another's moods: Back rubs help ease depression, bear hugs welcome home the raise.

Out on the field, to cooperate or not to cooperate simply is not a question. Everyone automatically leaps in to help win the game. "The 100 percent effort is not enough anymore," says Coach Allen. "The world belongs to the team that gives 110."

"The best marriages are made by people who can accept some restraint in personal gratification, and are willing to forget their built-in biases and just pitch in and help," says Dr. Holt. "The only time a partner should not cooperate is when he is being used as an object or function of his mate's selfish needs." The workaholic who refuses to discuss family problems because he wants to keep his mind "free" for business is violating the emotional support clause of the marriage contract. The wife who uses her husband as a credit card should either start inviting his clients for dinner or get a job. "Marriage should not be a free ride for either partner."

Dr. Margaret Mead once commented in an interview that "American women as housewives are the least cooperative women in the world. Since Women's Lib, women are beginning to do things cooperatively, whether it's playing on a team, running a joint household, or managing an investment house. Learning teamwork is very important, because the girls of the future are not going to live in little houses where they're queens of the kitchen."

Independence vs. trust

In marriage, says Dr. A.C. Skynner in *Systems of Family and Marital Psychotherapy* (Brunner, Mazel), each partner must be able to depend on the other yet have an attitude of independence when going about his daily business. The couple that smothers in togetherness (when she shops, he pushes the cart; when he plays squash, she crochets in the gallery) still feels threatened by separation. And couples that rasp over who washes the dishes or writes the checks have not learned to trust one another. There is a place for fighting for what one wants, healthy competition, and cooperative activities in a marriage, Dr. Skynner adds. The relationship in which the partners can move from one to another with grace and ease will be constantly renewed.

Continued on page 219

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It could be a visit that'll pay off for years and years to come.

It all adds up to a good investment.

GENERAL ELECTRIC

BY PAUL GROSS

How to get the most vacation for your money

The wise traveler's guide to shopping strategies, exchange rates, and other money-saving ways to enjoy your vacation more

Dollar for dollar, you can get a lot more out of a vacation with a little bit of planning. Having traveled quite extensively, I've found that well-planned trips pay off beautifully, while those taken without forethought can be disappointing.

Planning a vacation is especially important now. While the exchange rate is still unfavorable in a lot of countries, there are some places where dollars go as far as ever. Moreover, if you postpone your trip because of poor exchange rates, chances are you will have to postpone it for quite a while. The dollar won't get much stronger until we solve some of our economic problems, according to international economists. And that, they say, will take time. So don't let exchange rates dictate your destination. Just plan first, and get your priorities in order. Here are some tips.

Places to visit, places to stay

One of the best ways to save money on vacation is to pick your hotel with care. The more you save on the cost of your room, the more you'll be able to lavish elsewhere. What's more, you have a number of options. It all depends on your priorities. For example, I just want a clean and quiet place to hang my hat. I travel to see another country, not the hotel. I'm even willing to stay in a less convenient location if it will save money. More often than not, I've found that even after taking the cost of taxis and buses into account, I wind up with significant savings. In Mexico City, for example, my wife and I recently stayed at a small hotel off the beaten path, and yet quite conveniently located. It was wonderful: quaint, charming, and romantic —the perfect place to start a honeymoon. And a suite of rooms cost $35 a night as against the $80 a night the luxury hotels charged for just one room.

If the amenities a fancy resort hotel has to offer aren't important to you, why pay for them? Whether you use them or not, you will pay a proportionate cost of their upkeep. So consider staying at a smaller hotel that has just what you want: a room—and no frills to boost the bill.

On the other hand, if you want a big, fancy resort hotel with all the trimmings —pool, private beaches, tennis courts, and saunas—ask your travel agent and friends for recommendations. However, since these hotels tend to be the most expensive, ask the agent for price ranges and the availability of discounts—say for frequent travelers. Above all, be frank about what you want and how much you are willing to spend. The travel agent has a catalogue of hotels he can scan to find the kind of hotel you want at a price you can afford.

If all the hotels in the area you want to visit seem outlandishly expensive, ask your agent if there are other areas that are just as nice, but less expensive. Chances are you'll get a number of alternatives. And some of them will be less expensive and probably far less crowded than the one you originally asked about. Vacation spots are subject to trends, just like everything else. If one is hot, prices rise. Then, as another area becomes more popular, prices at the former "in" spot will fall back again so it can attract vacationers—and their dollars.

Still, it pays to be at least somewhat cautious. Ask the agent if there is a reason for the resort's fall from favor—say, pollution or political unrest. One of the wisest travelers I know takes no chances at all. He makes a reservation and then calls the hotel himself. Instead of asking the hotel management for information, he asks to speak to room 202. By speaking to guests, he gets an accurate report on what the hotel, the area, and the weather are like. He also asks them to recommend rooms or wings in the hotel, if all else checks out. Most guests, he notes, are happy to act as scouts for you. As far as he's concerned, the cost of the telephone call is a small price to pay for the assurance of a good vacation.

Since it's easier for travel agents to deal with big hotels that have budgets to actively solicit business, you may have some trouble getting recommendations and reservations for smaller places. But don't despair. You can always get tips from friends and associates whose tastes are similar to your own. Odds are that somewhere in your network of friends there's a soul who knows of just the perfect place to stay in the area you want to visit. And if they don't, they probably know someone who does. That's how I found my honeymoon hideaway in Mexico City.

Moreover, these scouts can also tell you about local sights, restaurants, and ways to get around. By the way, once you arrive, do ask the hotel's staff for recommendations. They can tell you about favorite local places newcomers aren't likely to hear of. Prices will be lower and the goods or food generally even better.

Finally, consider renting or exchanging a cottage or an apartment. You'll get all the comforts of home, at a cost much lower than hotel prices. For example, a one-bedroom apartment in a central part of London might cost as little as $125 a week. And that's with maid service. Finding an apartment or house to rent is easier than you might imagine. Some travel agents, most national tourist offices, and a few airlines will give you lists of available properties and their rents. At Home Abroad and Rent Abroad (both in New York City) are catalogues of properties they've looked at. Air India and British Airways can help you find a flat in London. And TWA plans to offer package deals with apartments in Madrid or Paris.

Shopping abroad

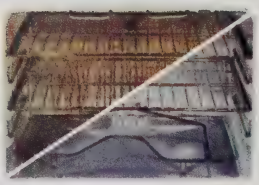
Even with the new duty-free limit of $300 for most goods purchased abroad, you might be surprised to know that you can probably do just as well shopping at home, especially on high-priced items. Of course, the unique, small, handcrafted items you might not be able to find at home are always good buys—so by all means enjoy shopping for those. But if you have a big, smart purchase in mind—a camera, furs, jewelry—it's always wise to take a look at prices at home first. Then, when you go to Mex-

Continued on page 44

PRESENTING THE BEST WAY TO CLEAN UP THE WORST JOB IN THE KITCHEN.

You know that cleaning the inside of the oven is the worst job in the kitchen.

At General Electric, we've known this for a long time, too. That's why in 1964 we came up with a unique solution to the problem.



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We invented the very first self-cleaning oven. Since then, GE has produced and sold over four million of them. Which means that millions of people are now free from getting down on their hands and knees to do the dirtiest job of them all.



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How a GE self-cleaning oven does the dirty work for you.

It takes just a few seconds to set the controls on a GE self-cleaning oven, and the oven goes to work.

It cleans off splashes from casseroles, spills from soufflés, even stubborn baked-on stains that once needed endless scrubbing. Even those awkward corners and nooks and crannies are left spotless.

And you should know that the General Electric self-cleaning system gets your oven much cleaner than any continuous cleaning system. The GE self-cleaning process costs only pennies each time you use it, too.*

A choice of styles to suit your style.

General Electric offers you a complete line of self-cleaning ovens to choose from. So whatever style of oven you want – built-in, slide-in, freestanding, single or double oven – there's a GE self-cleaning oven that's right for you.

The GE self-cleaning ovens. The best way to clean up the worst job in the kitchen.



This is the JB500, our most popular self-cleaning oven. Its modern detailing includes a precision digital clock and timer, attractive wood-grain vinyl trim and a glass control panel, together with three special features to help you save energy.

*Based on a national average cost of 3.8¢/KWH for electricity.

YOU CAN COUNT ON GE FOR GREAT IDEAS IN COOKING.

GENERAL ELECTRIC

continued from page 42

ico, you'll know whether a blanket selling for 1,140 pesos (around $50) is really a bargain.

It's also a good idea to get used to the currency you will be using before you leave. Invent a shortcut to help you figure it out. For example, there are around 22.5 Mexican pesos to the dollar, so you can figure 220 pesos amounts to $10. If an item on the menu costs 190 pesos, you'll immediately know it costs less than $10.

Finally, ask the U.S. Customs Service to send you two free booklets: *Know Before You Go* and *Advisory for International Travelers*. The duty imposed by the United States varies depending on what you bring in, from where, and to which port of reentry. The U.S. Customs Service must follow its own regulations as well as those of the state you come back to. For example, if you come back through California, you can bring back only 1 quart of duty-free alcohol per person. By contrast, New York law allows you to haul back a "reasonable amount," if you pay duty on it.

The money maze

Figuring out what kind of money to use for goods and services abroad should depend on exchange rates, the places you're going to visit, and how much you think you'll need. Here are some guidelines:

If the dollar looks very weak against the currency you will be using, it may well pay you to convert your money before leaving. That way you will at least be able to protect whatever purchasing power you do have by nailing down an exchange rate before it has a chance to move against you. Note that most kinds of traveler's checks can be purchased in foreign currency, like Italian lira or French francs. It also makes sense to take enough traveler's checks to cover all your expenses, to avoid using credit cards. Reason: The exchange rate on credit-card purchases is usually set at the time the card company reimburses the merchant or restaurant. If the dollar weakens further between the time you use the card and the account is settled up with the merchant, you could wind up paying a bill that's appreciably larger than you expected.

If the dollar is stable or gaining strength, it's safe to use traveler's checks denominated in U.S. dollars. What's more, it will pay you to use credit cards as often as possible while abroad. If the dollar gains, you will pay less than you had thought. And even if the dollar just manages to hold its own, you will at least have been able to use that money for a month or so, interest free, assuming you pay your charge card bills on time (if you don't, the interest rate you will have to pay is quite hefty—up to 18 percent). And the more you plan to use your charge cards, the less you'll have to take in traveler's checks, which saves money two ways. First, it means you will have to spend less on traveler's checks. (Most issuers charge a fee equaling 1 percent of the check's face value. So $2,000 worth of traveler's checks would cost $20.) Second, the less money you convert to traveler's checks, the more you can leave in your savings account where it can earn interest for you.

Whether you plan to pay with charge cards or traveler's checks, it's a good idea to take at least $50 to $100 in foreign currency with you. For one thing, it will help you avoid the crush at the airport's foreign-exchange window. For another, it will give you the money you need to pay porters and cab drivers. If you pay or tip them in dollars, you'll probably spend more than you should.

If you have to change dollars to foreign currency once you get there, always try to do it at a bank rather than at a hotel, restaurant, or store. Banks will give you the best available exchange rate.

If you run out of money, or if your wallet is stolen, contact the nearest American Embassy or consulate. The people there will help you get the cash you need by contacting your bank or relatives for you.

When you get home, cash in your traveler's checks as soon as possible. After all, why should you give the issuing company an interest-free loan?

Finding the fairest fare

While getting there is supposed to be half the fun, it can also come to half the cost of your vacation—if you don't shop carefully for a ticket. So, ask at least three travel agents or airlines to quote you the lowest possible fare to wherever you want to go. Chances are you'll be quoted at least two different fares: There are so many different fare schedules, discounts, and special deals that it's even hard for specialists to keep up to date. And the prices keep changing, and rapidly, now that the airlines are less closely regulated. And even if a fare seems reasonable, ask if there's any way of lowering it. The point is that it's really up to you to get the best deal. Remember to ask about:

Midweek rates. Some airlines offer lower fares to travelers who fly during the middle of the week rather than over the weekend.

Night flight discounts. You can often get a lower fare if you fly after, say, 9 P.M.

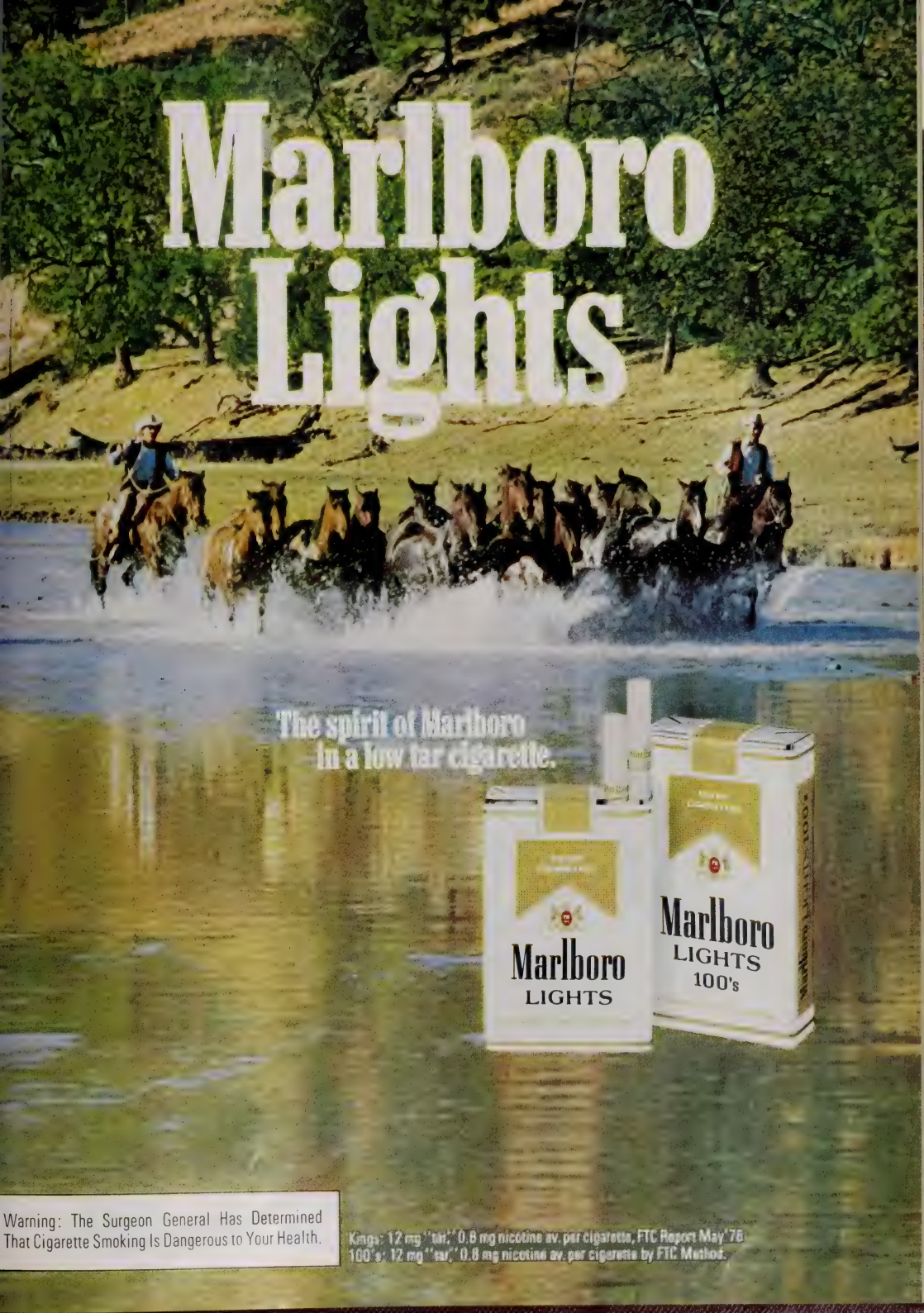
Stopovers. Find out if you can make stopovers at cities that are along the way. Most airlines will let you make stopovers free, or at a little additional cost.

Budget or mini fares. Some airlines are now starting to offer reduced fares to certain destinations, such as Scandinavia.

Continued on page 80



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It's so easy to send. Spreads cheer on sight. Makes people feel good all over in seconds. And you don't need a prescription. Just call or visit your FTD Florist (most accept major credit cards). He'll send this cheerful Wish 'N Well Bouquet almost anywhere, the FTD way.

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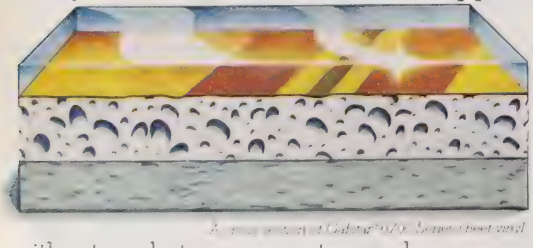
It's really not anyone's fault.

It's just that over the years, vinyl floor manufacturers have shown people plenty of shiny floors in spotless, unlived-in rooms, and given them almost no information about vinyl floors themselves.

And so we at GAF—the makers of Gafstar® sheet vinyl and floor tiles—decided it was high time that someone opened people's eyes.

THERE'S A LOT TO LOOK FOR IN ADDITION TO LOOKS.

Before you decide on the fun stuff like color and design, there are a lot of other considerations to make. Like how long you want your vinyl floor to last. Unless you're either very fickle or very rich, you'll probably want it to be around for several years. So the first thing you should know is how well-armed a vinyl floor is against the assaults of everyday family life. Most Gafstar floors are topped



with a tough, transparent wear-layer. There to provide an extra layer of protection between your floor and your family.

THE RIGHT FLOOR FOR THE RIGHT ROOM.

Different rooms demand different things from a vinyl floor. An entrance room floor is greeted by a lot more footsteps than a sitting room floor.



A playroom floor has to put up with falling toys and noisy kids; a dining room floor, with massive furniture and a lot of spills.



And while it would be nice to think that all vinyl floors are perfect for all rooms, it simply isn't true.

So at GAF we specifically make certain floors to satisfy certain conditions. Some are amazingly resistant to abrasion; others to impact or indentation; and still others to liquids or sound resonance.

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Gafstar®6700 Series sheet vinyl.

A VINYL FLOOR'S ULTIMATE TEST: THE KITCHEN.

No floor is abused like the kitchen loor. On it come the footsteps from the ntrance hall, the toys from the playroom, he mud from the backyard and all kinds of potentially damaging household iquids. Which is why GAF makes a whole range of floors that are amazingly esistant to almost everything. They may cost a little more, but for the money you simply can't buy a better floor.

WHAT DOES NO-WAX FLOORING REALLY MEAN?

While there are many glowing hings to be said about no-wax vinyl floors, there are certain things that have been—pardon the expression—swept under the rug. Contrary to what some people would like you to believe, all no-wax floors—even our own Gafstar® Brite Bond™ Floor Tile—require a degree of care. They should be mopped occasionally. And after a long while, you might want to apply a vinyl dressing to restore the floor to its original dazzle.

THE BEAUTIFUL PART.

Once you have looked into all there is to know about vinyl floors, you are finally ready to look at the designs themselves. This, of course, is largely a matter of personal taste. Just make sure that you expose yourself to a wealth of possibilities. At GAF we realize that there is no point in making great floors unless they're great-looking as well. So we've assembled an eye-boggling collection of colors and styles, representing every design point-of-view imaginable.

We hope we've answered some of your questions about vinyl flooring. In coming ads we'll try to answer more. Because the way we see it, the more we open your eyes about vinyl flooring, the more likely you'll be to look our way.

GAF® **GAFSTAR®**
VINYL FLOORING

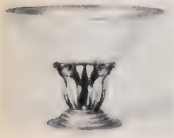
WE'RE OPENING PEOPLE'S EYES UP ABOUT VINYL FLOORING. HG-679

BY JOHN BLOCK AND DAVID REDDEN

Best buys in 19th-century crafts

English, American, and European silver plus Japanese porcelains

The 19th century offers an immense variety of beautifully crafted objects that have been historically overlooked, but are plentiful and still good bargains. Two areas that are particularly interesting are European, English, and American silver and Japanese porcelain. (See the March, 1979 issue for a discussion of European porcelain, American paintings, and Victorian furniture.) If you carefully search local auction houses and antiques shops, you should still be able to find high-quality 19th-century treasures that will fit your pocketbook. But keep in mind that prices of antiques are rising quickly!



Art Deco silver bowl by Georg Jensen, earlier 20th c.

European, English, and American silver

Recommending antique silver to collectors makes sense. Victorian silver tea and coffee services can be tabletop works of art, but unlike furniture or porcelain, they are made from a material with a marketable value of its own that complements and augments its artistic value.

As a metal, silver has always attracted craftsmen. It is hard enough to wear well and soft enough to be easily worked, but it is also a relatively scarce metal with industrial importance. The world price of silver has been rising dramatically to nearly $7.50 a troy ounce today. (Silver is weighed in troy ounces with approximately 12 troy ounces to the pound.) The price of silver has jumped 80 percent over the past few years and no less than 20 percent over the last six months!

For the collector, that is very reassuring. The price of antique silver is usually computed by the ounce. Not that this is a new idea. Several hundred years ago, silver objects were the way for a rich man to bank his wealth—extra silver coins became silver cups, cups became coins, and the silversmiths were the official bankers of the community. Silver was rare and very expensive then. But during the 19th century, huge new deposits were found, and industrialization allowed this new, cheaper silver to be worked into a vast avalanche of fashionable and useful objects for the richer classes of society. It is this later silver of the 19th and early 20th centuries that is particularly good to collect.

The first step in collecting is learning to identify the different types of silver. Almost all silver is clearly marked, although making sense of some of the symbols will require a little research. **American silver** after 1860 will be marked "sterling silver" or "925/1,000." Sterling simply means the silver content of the metal is 925 parts per 1,000, as all silver must be slightly alloyed to make it hard enough for use. The name or symbol of the manufacturer and often of the retailer will also be stamped into the silver. Some marks will be easy to identify: Tiffany & Co. stamped its entire name on every piece made. But most manufacturers, and there were hundreds of them, used symbols such as the lion and the letter "G" flanking an anchor used by the Gorham Co. A dictionary of marks used by American manufacturers will explain the symbols and will also provide extremely useful information for dating silver, as company marks changed

Continued on page 52



Graceful English wine server.

THE MARTEX SHEET
OUR COLOR IS AS UNEXPECTED
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TIGER LILY, FOR EXAMPLE.
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EPA estimated MPG: 20. Highway estimate: 31 MPG. For comparison to other cars. Your mileage may differ, depending on speed, weather and trip length. California MPG is lower. Actual highway mileage will probably be lower than estimate.



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Fairmont base sticker prices start at $3,916. The 2-door sedan shown is $4,087 excluding title, taxes and destination charges.



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*Based on sales of new car nameplates in the first 12 months.

FORD DIVISION

continued from page 50

over the years or included date codes.

Earlier American silver is harder to identify, as it may only be stamped with the initials of the craftsmen or with pseudo-English hallmarks. Often it is marked "coin," which like sterling is an indication of the silver content, in this case about 900 parts per 1,000. American silver is generally marked under the base on hollowware (a term for "hollow" objects such as vases, trays, and teapots).

English silver is at once more complicated and far easier to understand. Usually the only mark—the hallmark, once the mark of the guild hall—will be four or five small separately punched symbols and letters. But they tell the entire story of the piece: its silver content (which will be sterling, though it will not say "sterling"), the town in which it was made (Leopard's head for London, and anchor for Birmingham), its maker (generally in the form of two or more initials contained within a distinctive frame), and the year of its creation (via a special date letter). And on silver made between 1794 and 1890, the profile portrait of the reigning monarch will also be included. Inexpensive paperbacks list these marks and explain them. Look for hallmarks to be prominently displayed on the exterior of the entire object, but also check for them in odd places, buried among the leafy decoration on the rim of a basket, for example.



American tea set from the 1860s in Renaissance revival design.

Continental silver often presents a problem. On later 19th- and 20th-century pieces, the clue is often the numbers 800, 925, or 84, which like the word "sterling" indicate the silver content—in this case 800 or 925 parts per 1,000 or 84 parts per 100. But to establish where the silver was made, you have to find (they may be anywhere) and read often semi-microscopic punch marks that give the town symbol and usually provide a way of dating this piece. You will need a dictionary of continental marks for this.

Do not be fooled by **silverplate.** It's been around since the 18th century when the process of sandwiching copper between two thin layers of silver was developed in Sheffield, England—hence the generic term Sheffield plate for silverplate. Not that you should ignore it—these early pieces, usually unmarked, are a great bargain at prices like $200-$300 for a late 18th-century Sheffield plate coffee urn, a most imposing ornament for the sideboard. Later, during the early 19th century, another silverplating process was developed in Birmingham using an electric current or electrolysis. This is the modern method of silverplating and it began a tidal wave of cheap "electroplated" wares. For the most part they give themselves away: Quadruple plate, triple plate, E.P. or E.P.N.S. (for electroplate and electroplated nickel silver), Extra plate, or A1. The general rule of thumb is that if it is English and has no hallmarks or if it is American (from the 1860s on) and does not say "sterling," it is plated.

Decide on the kind of silver you want to collect. Learn styles. The austere and simple classical style of the late 18th century (in the U.S., the Federal period) developed during the early 19th century into the Empire style. Classical shapes were adorned with heavy Greek and Roman motifs. Following along in the mid-19th century, were revivals of the Rococo and Renaissance styles. The first, with its curved lines, is exemplified in the water pitcher by the important American maker Forbes & Sons, which sold at auction for $650. The American five-piece tea and coffee service by Ward & Hughes is a stylish 1860s Renaissance revival design, which sold for $1,700. (See illustrations above and on the next page, and note the difference in the handles.)

Later 19th-century silver was made in a plethora of styles—in Japanese taste, in Moorish taste, and in every conceivable 17th- and 18th-century art form. By the 1890s, a new style emerged, the Art Nouveau movement with its sinuous lines and vegetable forms. The early 20th century countered with the spare shapes and geometric patterns of the Art Deco style, as in a silver bowl made by the Danish company Georg Jensen (see illustration, page 50).

The serious collector will want to buy

Continued on page 54

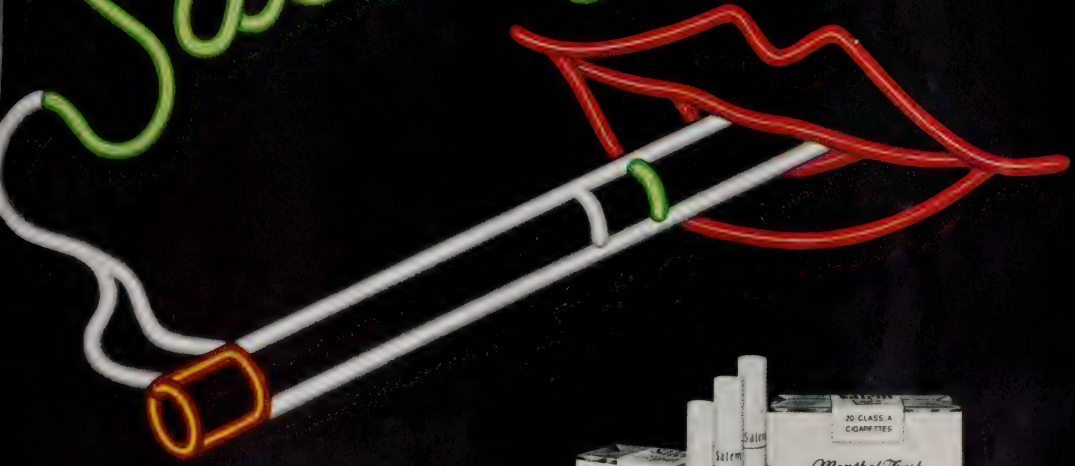
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Taste Salem Lights.



Light menthol refreshment. Low tar. Satisfying taste. The best selling low tar menthol.



The Best Of The Lights.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

10 mg. "tar", 0.8 mg. nicotine av. per cigarette, FTC Report MAY '78.

AUCTION ACTION

continued from page 52

silver that exemplifies the highest fashions of its age. Turn-of-the-century Art Nouveau will be a better investment than an 18th-century reproduction made at the same time. Is the piece finely executed, the details crisp, clear, and well-finished? Does it have weight? It should feel solid, not light and tinny. Be a critic. Ask yourself if the piece really succeeds in being a beautiful object. Look for a strong, balanced design.

Take into account the maker. Tiffany & Co. made some of the best silver, and its name, like Georg Jensen, brings a premium. Gorham produced important and very expensive Art Nouveau silver under the name Martelé. The careful collector will want to make sure that the condition is good, with clear maker's marks, no obvious repairs or reworking, and no excessive rubbing of the details. Do watch for elaborately engraved coats of arms and inscriptions. They enhance the value, especially those flowing Victorian eulogies on presentation pieces. Conversely, erased inscriptions hurt the value, so look out for vacant cartouches (frames) or leftover traces of engraving. And why not collect something you can use? Silver comes in so many practical shapes and sizes. Buy a wine decanter to enjoy at the dinner table, a candelabrum to decorate the sideboard.

Usually, 19th- and 20th-century silver sells for under $25 an ounce. Value is determined by weight and desirability. Thus, if the "melt" value of pure silver is $7.50 an ounce, you should be able to buy at auction a very plain piece of modern silver for $8 an ounce, a Tiffany turn-of-the-century mass production bowl for $15 an ounce, and a good late 19th-century highly decorated tea and coffee service for $22 an ounce. Prices have risen. These prices are all about 35 percent higher than 2 years ago, and 10 years ago, plain silver was selling for as little as $2 an ounce. But for special pieces, that price rise has been extraordinary. A stylish, English claret jug weighed only 27 ounces but brought a phenomenal $1,800 at P.B. 84's Victorian International auction in February, 1979. In this case, the price has more than doubled in three years.



19th-century American water pitcher.

19th-century Japanese porcelain

The industrial revolution reached Japan during the reign of the Emperor Meiji (1867-1912). Western industrialized techniques, combined with traditional Japanese esthetic orientation and craftsmanship produced a great variety of objects made out of typical Oriental materials (porcelain, ivory, cloisonné enamel, and bronze) that excited the interest of Western tourists, businessmen, and politicians who were discovering the artistic production of the newly opened island nation.

The American and European passion for World's Fairs and Great Expositions during the second half of the 19th century, presented Japanese artisans with windows to display their wares to the outside world. These shows also served to increase Western interest in objects of all types from the Orient, and especially from Japan. Thus a huge output of art works was produced appealing to all tastes.

Why then are Japanese works of art of the 19th century good values on the present market? Only quite recently have the basic quality of the craftsmanship and the unusually decorative nature of 19th-century Japanese objects been rediscovered.



Japanese Satsuma porcelain vase.

Japanese 19th-century ceramics can be either understated and elegantly designed or brightly colored and covered with decoration. Whether you are looking for vases, small incense boxes (kogo), or ceramic figures, the wares of the 19th-century Japanese kilns are inevitably exquisitely painted, well designed, as well as often signed by important artists of the period, who were as proud of their works as the great painters and craftsmen of Europe and America.

Though there is growing interest in almost all areas of Japanese ceramics, the wares termed Imari, Kutani, and Satsuma seem to be enjoying special popularity in today's market. Examples of objects of these three types are bringing higher prices in nearly every major auction sale. Many pieces, however, are still affordable by price-conscious buyers.

Much porcelain was exported from Japan during the later 19th century and the porcelain exported from the port of **Imari** is therefore called by that generic term. Imari objects were generally decorated in underglaze blue and white, blue underglaze with red or green overglaze and gilt decoration or gold designs on a colored ground. The colors are unusually brightly painted and the designs are mostly floral, running from naturalistic to quite abstract.

An Imari wall plate (diameter 18

Continued on page 58

THE MARTEX® SHEET
OUR COLOR IS AS UNEXPECTED
IN SOLIDS AS IT IS IN PRINTS.
THIS ALL-A-TWINKLE PERIWINKLE,
FOR EXAMPLE.
West Point Pepperell

QUOH, INC. 1978

Keep that beautiful tan.



Handle with Tan Care. The after tanning lotion by Coppertone.

It took a lot of sun to make your tan beautiful. Keep it beautiful longer with Tan Care. Its special after tanning formula moisturizes to help prevent the flaking and peeling that cause fading. Beautiful tans should be handled with Tan Care every day. To keep them beautiful long after the sun is done.

How a phone call solved the mystery of the sandy teacups.

Based on an actual call made to the toll-free 24-hour Whirlpool Cool-Line® service.

(Telephone Rings)

Cool-Line Consultant: Whirlpool Cool-Line. May I help you?

Woman: I just bought a Whirlpool dishwasher and I keep finding sand in my teacups. Can you help me?

Consultant: That's why I'm here. Now, about the sand. Are the rest of your dishes clean?

Woman: They're fine. My husband's a Mexican food freak. Even pans with baked-on refried beans get clean. But where did the sand come from?

Consultant: What does the sand look like?

Woman: Like...sand. In a puddle of water that didn't drain out of the teacup.

Consultant: If you're seeing "sand," it could be your dishwasher detergent hasn't dissolved. Do you have a cup with some "sand" in it now?

Woman: Right here by the phone.

Consultant: Does the "sand" look like detergent?

Woman: You mean this is detergent?!?

Consultant: Look closer.

Woman: It does look like detergent. So why didn't it dissolve?

Consultant: Check your water temperature. At your dishwasher, it should be at least 140°. If it's okay, then I suggest you buy a fresh box of detergent. Dishwasher detergent sometimes has a very short shelf life and doesn't dissolve completely when it's old. And make sure you load your teacups properly, so all the water drains out.

Woman: Wow. You really helped. Sorry I bothered you, but at least I didn't have to call a repairman. Thanks for your time.

Consultant: Glad I could help.

This is the kind of two-way communication we've been having with our Whirlpool Cool-Line service for the past eleven years. It's just one example of the continuing concern we have for customers who purchase quality Whirlpool appliances.

If you ever have a question or problem with your Whirlpool appliance, call our toll-free 24-hour Cool-Line service at 800-253-1301. In Alaska and Hawaii, dial 800-253-1121. In Michigan, call 800-632-2243. If our Cool-Line service can't help, we have Whirlpool franchised Tech-Care® service representatives all over the country who can.

Whirlpool
Home Appliances
Quality. Our way of life



Announcing

The Garden Birds

THIMBLE COLLECTION

by Peter Barrett

For just $9.75 each—a complete collection of 25 exquisite collector's thimbles in fine bone china, hand-decorated in 24kt gold, and portraying the world's best-loved garden birds.

A limited edition
Advance subscription deadline:
July 31, 1979.

THE BIRDS that visit us in our gardens are among the most delightful of all the creatures of nature. Soaring gracefully among the trees and flowers, they provide untold pleasure and inspiration with the richness of their color and the melody of their song.

Now, to remind us of the great joy birds bring into our lives, Franklin Porcelain will create *The Garden Birds Thimble Collection*. Delicate collector's thimbles in fine bone china designed by Peter Barrett, one of the world's most outstanding and gifted nature artists.

The beauty of birds—captured in remarkably detailed miniatures

Each individual thimble is small and delicate. Yet, every feature of each bird is accurately portrayed—in rich, natural color. This is the remarkable art of miniaturization, and Peter Barrett is a master of this most demanding art.

The garden birds he depicts are among the loveliest in the world: the stately Cardinal, the charming Nightingale, the flame-colored Scarlet Tanager, the Black-capped Chickadee, the elegant Blue Jay, the Chaffinch, the Robin...25 of the world's favorite garden birds, each portrayed in a natural setting.

The scientific name of the bird—in a graceful script—will be a part of the design of each thimble. And the finishing touch will be a pure 24kt gold border, skillfully applied to the thimble by hand.

One of the greatest pleasures of owning this collection is to display the thimbles in your home. And, to enable you to do so, a handsome, hardwood wall frame will be provided at no additional charge.

Available only for a limited time

These fine bone china thimbles will be made available for a single year only. Thus, the collection will be offered *solely* during 1979 and will be permanently withdrawn at the end of the year. The original designs for the thimbles will then be retired, and this collection will never be offered again.





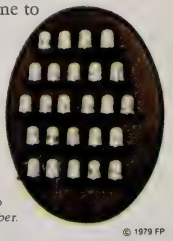




Thimbles shown approximately actual size.

A Certificate of Authenticity, attesting to the limited nature of the thimbles, will be provided. And an informative folder about the bird depicted will be included with each thimble. The price for each thimble is $9.75, and the collection will be issued at the rate of one per month.

Since it will take time to craft these bone china thimbles, it is important that the advance subscription application below be mailed no later than July 31, 1979.



This elegant wall frame will be provided to every subscriber.

© 1979 FP

ADVANCE SUBSCRIPTION APPLICATION

The Garden Birds

THIMBLE COLLECTION

by Peter Barrett

Must be postmarked by July 31, 1979.
Limit: One subscription per person.

Franklin Porcelain
Franklin Center, Pennsylvania 19091

Enter my subscription for The Garden Birds Thimble Collection, consisting of 25 fine bone china thimbles, hand-decorated in 24kt gold. My thimbles will be sent at the rate of one per month, and a custom-designed hardwood display frame will also be sent to me without additional charge.

I need send no money now. Bill me $9.75* for each thimble in advance of its shipment.

**Plus my state sales tax*

Signature _____
ALL APPLICATIONS ARE SUBJECT TO ACCEPTANCE

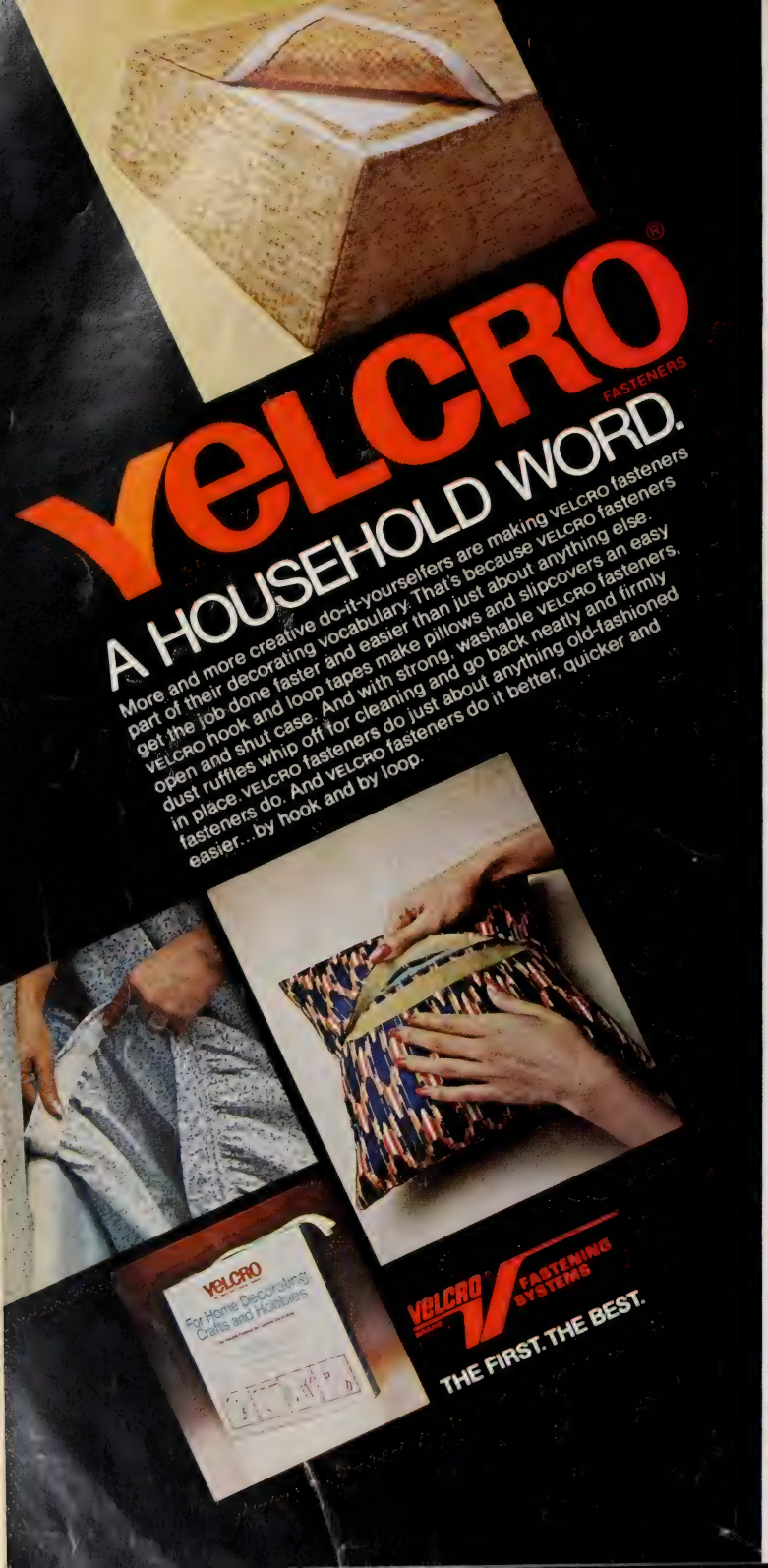
Mr.
Mrs.
Miss _____
PLEASE PRINT CLEARLY

Address _____

City _____

State _____ Zip _____

114



AUCTION ACTION

continued from page 54

inches) sold in a recent New York sa for $450, while in May, 1979, a love Imari teapot brought $400. These a reasonable prices for such highly dec rative objects.

Near the village of **Kutani** in northe Japan were the older kilns from the 18 century and before. However, during th 19th century, with the great popularit of Japanese export porcelain in Europ many old kiln sites were revived, ne kilns were built, and production of te sets, bowls, vases, dinner sets, etc., wer increased in order to meet the Europea demand.

The decoration of Kutani ware varie from asymmetrical floral decoration t figural styles and abstract foliate and a imal patterns, which cover the enti surface of the objects decorated. In r cent sales, a single Kutani wall pla (diameter 14¾ inches) fetched $35(and a pair of Kutani dishes with figur decoration (diameter 14½ inches brought $650.

Perhaps the wares from the prov ince of **Satsuma** have attracted th greatest interest from collectors, seller and dealers in recent months. The im mense variety of decorative technique the care taken by potters and decora tors who signed these works, as well a the great output of the Satsuma kiln of the 19th century, have put thes wares in the forefront of today's ar market.

In a sale in January, 1979 at P.B 84 in New York, high prices wer reached for nearly every piece of Sat suma and Satsuma-style pottery. Th exceptional price of $5,000 was brough in for a signed, hexagonal vase deco rated with a scene of floats commemo rating a festival. Several years ago, thi vase might have reached $600-$1,000 Various items exquisitely decorated with figures and foliate designs on rich, gol grounds reached prices of $325 t $550, which are notable prices for vases boxes, and dishes from 2½ to 6 inche high. Similar Satsuma pieces can b bought all over America, if you look carefully in the back shelves of shop and galleries. ■

Editor's note: John Block and Davia Redden are auction experts at P.B. 84, a division of Sotheby Parke Bernet in New York.

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NTRODUCING THE CREATIVE TOUCH
'ASHION* MACHINES.
NOW YOU CAN HAVE A LOT OF
:XTRAS WITHOUT SPENDING
A LOT EXTRA.





ELF-WINDING BOBBIN

Only Singer gives you machines with features like these.

Our new *Creative Touch Fashion* machines wind their own bobbins, ght in the machine, with thread right off the eedle.

They'll measure your utton and make a buttonhole o fit, all in one step.

But that's only part of it.

A flip of their *Flip & Sew** anels gives you a narrow ee-arm for sewing in tight places like cuffs and ant legs.



ONE STEP BUTTONHOLER

And up to twenty-three stitch patterns let you nend, hem, sew stretch fabrics, even embroider.

In fact, new *Creative Touch Fashion* machines have all the stitches you're ever likely to need for sewing everything from sheer silks and polyesters to heavy Ultrasuedes and upholstery fabrics.

You get a lot of fancy sewing. Yet you don't pay a fancy price.

If you've already got a sewing machine, we'll give you a trade-in allowance for it that'll lower the price even more.

Our new *Creative Touch Fashion* machines. About the only thing they don't do is cost you a lot of money.



"WHEN IT COMES TO CREATIVITY, SINGER HAS THE TOUCH!" – POLLY BERGEN

Polly Bergen is a member of the Singer Board of Directors.

100 MILLION PEOPLE SEW EASIER WITH SINGER.

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BY RICHARD AND JEAN TAYLOR

Painless ways to save fuel

Money-saving tips for old cars, new cars, maintenance, and driving; a lesson in air filters; and the best way to save your car's complexion

To save gas this summer

If everyone were to drive more economically, it would be no problem at all to have enough gasoline this summer, even if we're faced with fuel shortages of 5 percent. Surprisingly, the 55mph speed limit has very little to do with saving gasoline. According to a recent government study, the fuel consumption differences between the old 70mph and current 55mph speed limit has been less than 1 percent. But you can personally save gasoline—with a combination of the way you drive and the way you maintain your car. Some of the things you can do are so simple, you'll wonder why nobody told you before. You can save 5 percent with tires, 5 percent with oil, and 10 percent with economical driving habits for a total savings of 20 percent.



DAVID THALL

Fuel-saving tips for your present car

● Car manufacturers recommend only 24 pounds per square inch of air pressure in your car's tires, because this gives a soft ride. But John Kelley, vice-president of Firestone Tire Company, says any tire can be safely inflated to 32psi. Your car will handle better, your tires will last longer, and you'll save 5 percent in fuel just from this change alone. For an average driver who pays 70¢ per gallon for gas and covers 12,000 miles per year at 19 miles per gallon, that's a saving of $22 a year.

Oil companies now sell low viscosity or low friction oil, which protects your engine just as well, but is more "slippery" than conventional oil. This slippery oil lets the parts inside your engine move with less friction, so it uses less fuel. Next time you change the oil in your engine—which should be done at least twice a year—use a low friction oil. You'll save as much as 7 percent in gasoline or $31 a year.

● Engines are like people—they work best when they are in good shape. This means regular tune-ups twice a year. Something as easy to fix as a dirty air filter can cost up to 50 percent in fuel, because it changes the ratio of gasoline and air being mixed in your carburetor. Worn-out sparkplugs and ignition wires, retarded ignition timing, or a poorly adjusted automatic transmission will cost you in gasoline, too. The $45 you save by having your engine tuned-up to run 10 percent more efficiently is just the first payoff. A well-tuned engine will last longer and require fewer repairs, too.

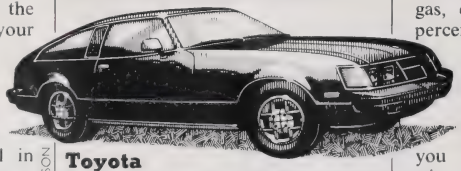


● Air flows under your car as well as over it, and the underside of your car is not very well streamlined. Many manufacturers now fit a rubber or fiberglass "air dam" beneath the front bumper which improves air flow and increases fuel economy. You can buy an air dam to bolt onto almost any model. Depending on the design, it can save you more than 10 percent in fuel.

● The average auto air conditioner wastes about 3 miles per gallon of gas, or almost 15 percent. You can save fuel in the summer by keeping your car a bit warmer than you might otherwise, just as you save fuel in the winter by keeping your home thermostat at 65 degrees instead of 72. Try maintaining your car interior at 75

Continued, page 63

CAR OF THE MONTH



DALE GUSTAFSON

Toyota Celica Supra

Japanese auto companies can't afford to sell truly inexpensive cars here anymore, because of the dollar's decline in value against the yen, so they've begun building expensive luxury cars *(Continued on page 64)*

● Base Price: $9,578.
Length: 15.1 feet, Seats: 4.
Base engine: Inline-6, 110 hp, 18 mpg
Warranty: 12 months/12,000 miles
Dealers: 1045

Ms. Mechanic

Air filters. A car's air filter keeps dirt and dust from getting into your engine. When it becomes clogged, the engine can't take in enough air and fuel economy will suffer. If you let it go too long, the engine will run roughly, stall, and sometimes just stop completely, with expensive results. Replacing the air filter (about every 15,000 miles) is the easiest maintenance to do on your car; it requires no tools and can be done quicker than it can be described. You won't even get your hands dirty.

Step one: Buy a new air filter element (about $5) at the local auto parts or discount store. On the back of the box will be a list of the cars this filter fits, i.e., "1971-1979 Ford Pinto with two-liter four-cylinder engine, two-barrel carburetor." Check to make sure your car is listed. To find out what engine you have, look in the owner's manual, or the sticker usually found on top of the engine that says something like "Zoomfire Four, 120 cubic inches, 2V." 60 cubic inches=1000cc=one liter. So the same Pinto engine can be described as 120 cubic inches, 2-liter or 2000cc. Most carburetors are either "two-barrel" or "four-barrel," abbreviated "2V" or "4V."

Step two: Turn off engine, remove key, and open hood. On big cars, the hood is counterbalanced and will stay up by itself. On small cars, there will be a long metal rod clipped either across the front or side of the engine compartment. It's hinged at one end and swings up to fit in a hole in the hood at the other end. Right on top of your engine will be a big round container, usually painted black, that looks just like a deep frying pan with a lid. The lid will be held on with a wingnut (sometimes two). Turn the wingnut counterclockwise to remove, and put it in a safe place where it won't drop inside the engine. Be careful of hot engine parts if your car has been running in the past hour or so. Lift the lid off the frying pan and place it where the inside won't get dirty. Inside the pan will be the *(Continued on page 64)*

© 1979 R. J. REYNOLDS TOBACCO CO.



'Imagine! Taste this great plus low tar.'

"For me, finding another cigarette with just the right taste wasn't easy. Finding a low-tar cigarette with the taste I go for was even harder.

"But I found it. In Vantage 100's.

"With Vantage 100's, I get the great taste I like. I also get low tar and the graceful style of a 100.

"And imagine—Vantage provides satisfaction like my old high-tar brand."

Gail Henkin
Dallas, Texas



FILTER 100's: 10 mg. "tar", 0.8 mg. nicotine, FILTER, MENTHOL: 11 mg. "tar", 0.8 mg. nicotine, av. per cigarette, FTC Report MAY '78.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

Vantage 100's

Also available in King-Size: Regular and Menthol.


Mannington's Duracon, Valparaiso, Pattern 9042
IT'S A MANNINGTON.

It's a
Mannington,"
ays Ed McMahon.
Bar none, you
an't buy an easier
no-wax
floor."



One you can clean with less effort.

One that's more stain resistant.

Or that's so wear resistant.

Five years ago, the people at Mannington labs developed a truly emarkable wear layer — JT88®.

Mannington flooring with JT88 needs no redressing . . . ever . . . to restore reshness and shininess. Only an occasional buffing.

And then early last year the Mannington people did it again — this ime an incredibly effective moisture barrier, Aquabar®.

In other words, that very pretty, colorful Mannington Duracon floor you're looking at combines the three eatures you want most: stain-resistance, wear-resistance and moisture-resistance.

And at a highly affordable price.

So, like I always say — if it's a Mannington, it has to be easy to take care of. How . . . easy . . . is it? Well, ma'am, it's so easy that no other vinyl floor product belongs in its class."

mannington
FLOORS FOR EASY LIVING

Mannington Mills, Inc., Dept. 107
P.O. Box 30, Salem, NJ 08079
Over 60 years of fine flooring.

Others by Wellco Carpet Corp.
a wholly owned subsidiary.

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YOU AND YOUR CAR

continued from page 60

degrees. You'll save on your gas bills, and still be comfortable.

● Anything that catches the air, like oversize rear-view mirrors, costs you in gas mileage. Small bullet-shaped mirrors can save you almost 5 percent in fuel. General Motors found that using a rubber weatherstrip to seal the gap at the front of the hood on its small trucks was worth half-a-mile per gallon, so if you're really serious about saving fuel and money, similar attention to details around the front of your car can pay off.

● Your engine loses its tune very subtly. Keep a notebook in your glove compartment and record mileage and gallons every time you fill up. You'll quickly see when your miles-per-gallon figure falls below standard.

Fuel-saving tips for a new car

● All other things being equal, small, light cars with small engines are more fuel efficient than big, heavy cars with big engines. But there are small cars that return disappointing mileage, just as there are large cars which are surprisingly efficient. The Environmental Protection Agency publishes a free pamphlet, *1979 Gas Mileage Guide,* which compares every available model for fuel economy and passenger room. It's available from Fuel Economy, Pueblo, Colo. 81009.

● An automatic transmission, particularly on a small car, wastes gas. A manual transmission, preferably one with an overdrive top gear for highway cruising, is more economical. Or, the new overdrive automatic transmissions let you have the best of both.

● Radial tires are better in every way, and they cost only a few dollars more when ordered on a new car. Larger diameter tires cover more ground with each revolution, which means you'll go further on the same amount of gas. Think big when buying new or replacement tires.

● Your car's final drive ratio—the number of times the engine turns for the distance you travel—is very important in determining gas mileage. A numerically lower ratio, such as the very common 2.73:1, will give better fuel economy than a 3.55:1 or 3.70:1, but slower acceleration. When you order a new car, ask for the most economical final drive ratio that will still give safe performance. If you commonly pull a trailer or carry heavy loads, you will need a higher ratio for more power.

Driving to save

● A big improvement in gas mileage comes with better driving habits. Many drivers waste gas by not anticipating traffic situations. They're constantly on the gas, off the gas, on the gas. A steady foot on the throttle is not only more economical, but safer. On the freeway, try to maintain a steady speed; gently increase the throttle going uphill, back off downhill; let gravity save you gas.

● Jack-rabbit acceleration away from stop signs is a waste. Gentle acceleration lets the engine shift at moderate speeds to save gas, and momentarily backing off the gas will let your automatic transmission shift into high sooner. On the highway, plan ahead so you can pass in high gear without having to downshift to passing gear.

● Sitting in traffic or at stop signs is a total waste. Nationwide "right on red" turns are a tremendous fuel saver, as are staggered work hours and car-pooling. There's no point in sitting in rush-hour traffic if you can schedule your travel at less busy times. It's easier on your car and your nerves, too.

● It sounds simplistic, but the best way to save fuel is to leave your car in the garage. Combine errands to make one trip out of a few, or use a bicycle for nearby errands. It's fun, good for you, and often just as quick as taking the car.

● *The Whole Truth About Economy Driving* is a full-size book on getting maximum fuel economy. It includes not only easy improvements like higher tire pressure or gentle driving habits, but more complicated engine modifications, elaborate driving techniques, and special tips on a variety of driving subjects. The author, Doug Roe, was a competitor in Mobilgas Economy Runs and similar events, so he's full of gas-saving tips. *Economy Driving* is $5.95 from HP Books, Box 5367, Tucson, Ariz. 85703.

Protect your car's complexion

Classic car buffs cover their expensive investments with a form-fitting cloth cover even when the car is stored in a garage, for they know airborne dust destroys the finish almost as quickly as sunlight, pollution, and ozone. Car covers come custom-made to fit any car, and are stitched together from a special poly-cotton fabric that is water-repellant but "breathes" to let trapped moisture escape so the paint doesn't blister. Particularly if you store your car outside, a cover makes a surprising difference. Elastic borders hold it on securely like a fitted sheet, but it only takes a second to pop on and off. Prices are around $50, depending on the size of your car. From:

Beverly Hills Motoring Accessories
202 South Robertson
Beverly Hills, Calif. 90211
MG Mitten
44 South Chester Street
Pasadena, Calif. 91106
Reliable Auto Accessories
1751 Spruce Street
Riverside, Calif. 92517

Continued on next page

WEED EATER®
"The Ultimate Weapon"

"At only $14.99*, it's perfect! A WEED EATER® brand Model 307 electric trimmer.

"It cuts grass with nylon line anywhere Greg's mower can't. Quickly and safely. So he can spend less time with the lawn and more with me.

"That not only makes this WEED EATER® trimmer THE ULTIMATE WEAPON in the war on our lawn, but The Ultimate Gift for Father's Day!"

For your nearest WEED EATER® dealer, see your Yellow Pages or call toll-free 1-800-447-4700 (except from Alaska or Hawaii). In Illinois call 1-800-322-4400.

*Suggested retail price.



THE ULTIMATE GIFT FOR FATHER'S DAY!

TER®, Inc., a subsidiary of Emerson Elect

YOU AND YOUR CAR

continued from preceding page

Fuel-saving tips: continued

air filter element, a dirty version of the new filter element you just bought, a pleated paper ring about a foot across with plastic gaskets top and bottom and a metal mesh around the outside. Lift it out. (It weighs almost nothing.) Compare it to the new filter you bought to make sure they're the same. If not, return to Step one.

Step three: Slip the new filter ring into the space where the old one came out. There will be a raised section in the center of the filter housing around which the filter will snugly fit. Make sure the filter is tight against the bottom of the housing all the way around.

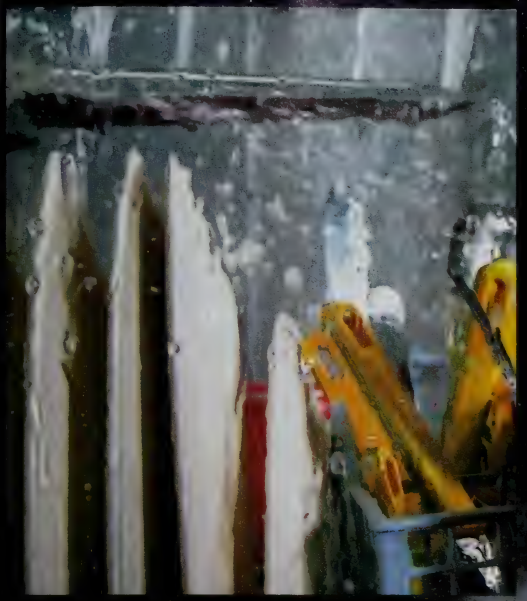
Step four: Replace the lid of the air filter housing, being sure the hole in the center fits down over the threaded post that sticks up. Many filter housing lids have a rubber gasket around the edge. Make sure this is still fitting smoothly all the way around. If everything is in the right place, the threaded shaft should be sticking through the lid about a quarter of an inch. Spin the wingnut back on, turning clockwise this time, until it's about as tight as you can get it without hurting your fingers. Any tighter and you may strip the threads. Close hood.

Car of the month: continued

luxury cars instead. Their plan is to offer the same sort of high-priced performance that Mercedes-Benz and BMW have offered for years, combined with styling and options Americans seem to love.

The Celica Supra, at $9,578, is a perfect example of this new trend. It was actually styled at Toyota's American-staffed design center in Los Angeles, and has a smooth aerodynamic look that's very different from most Japanese cars. It's a hatchback with a surprising amount of luggage space in a softly carpeted compartment. The rear seats fold forward for even more room, and the interior is upholstered in either vinyl or a pretty pin-striped velour. Mechanically, Toyota has incorporated many BMW-like performance features, including a fuel-injected 6-cylinder engine with a single-overhead camshaft, 4-wheel disc brakes, MacPherson-type suspension, and a 5-speed manual transmission. But because it was designed for the American market, the Supra comes standard with air conditioning; a tilt steering wheel; power steering, brakes, and windows; and AM/FM stereo. Optional are cruise control, a sunroof, and a unique 4-speed automatic transmission with overdrive that gives 30 percent better fuel economy. Celica Supra is in a class with the BMW 320i, Datsun's similar 280ZX and the new, smaller Thunderbird, coming up for 1980. ■

Hit and Miss. Or Ssssteam.





Until now, dishwashers could be hit and miss. Hit the front of a dish, miss the back. Now there's the Steam Machine™ from Waste King.

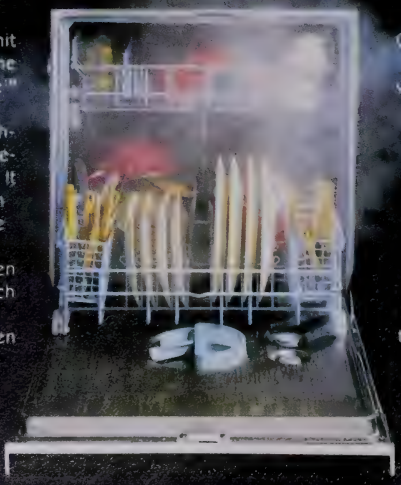
Waste King introduces the first dishwasher ever with a steam cycle. Because steam goes places water can't. It moistens and loosens most dried-on food. And that makes our wash cycle work even better.

And our wash cycle has always been super. With a special wash arm for each basket.

And now we've got something even more special. Waste King introduces the Electronic Delay Start.™*

Now you can wash your dishes while you're asleep. Or at work.

*available on #SS-989



Or when electrical demands are low. You can pick the hour your dishwasher starts just by pushing a button.



Come see the Steam Machine with the Electronic Delay Start today.

It's quiet (Hush® Coat surrounds it). It's durable (stainless steel inside it). It's wonderful (the strongest warranty in the business covers it).

THE STEAM MACHINE™

The greatest invention since the dishwasher.

For information and complete warranty details contact your dealer or write:

Thermador/Waste King

5119 District Boulevard, Los Angeles, CA 90040, Dept #B

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ANTIQUES
QUESTIONS & ANSWERS

BY LOUISE ADE BOGER

English teapot



Q. I have an old teapot that has the name "Atkin Brothers" stamped on the bottom. Can you tell me who made it, from what country it comes, and something of its style?
R.K.Y.—New York, N.Y.

A. The English Victorian silverplaters, Atkin Brothers, working at Sheffield made your teapot about the 1880s. This always popular pear-form was introduced in English silver in the Queen Anne period (1702-1714). Properly, the pear-shaped outline is continued in the cover and not cut off, as in your example, at the cover, so that the teapot looks like a whole pear.

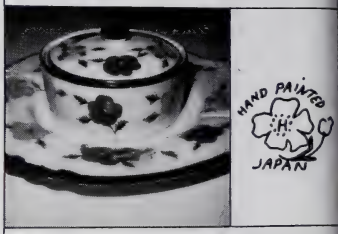
Staffordshire jug



Q. Can you tell me who made my jug, something about its form, and about when it was manufactured?
C.L.W.—San Diego, Calif.

A. Your relief-decorated jug was made by Staffordshire potters Samuel and James Burton, active at New Street, Hanley, 1832-1845. The mark—impressed initials on raised pad with model number—is rare. This type of English jug first became recognizable among the products of the 1830s. Your example has nearly all the Early Victorian characteristics of style and technique. Its sharply formed relief decoration cast in the mold, its shaped upward-flaring lip, its low-weighted body, and its distinct circular foot all combine to suggest the basic style of the years between the mid-1830s and the mid-1840s. As a rule, the profile of the period was round and bulging.

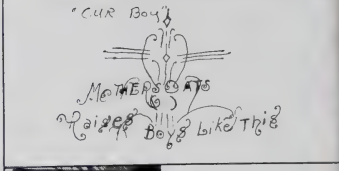
Japanese export



Q. I know my covered bowl was made somewhere in Japan, but can you pinpoint the location and give me some idea when it was made?
T.R.—Lodi, N.J.

A. The marks "Japan" or "Made in Japan" were used on wares produced in Japan after 1921, when the mark "Nippon for country of origin was no longer acceptable to the U.S. government. The marks were used until 1940. Many of these export wares were made in the Seto and Nagoya areas, and also to a considerable extent in Arita. The wares were sent to decorating studios to be finished; Tokyo was an important center for this kind of work.

American ephemera





Q. This old picture has been in our family for years. What can you tell me about it?
E.H.—Avon, Ohio

A. What you have is a Mother's Oats advertisement—an eye-catching example of American ephemera, of printed paper and not meant to last. These ads diverted our grandparents, who found it all too beautiful to throw away.

Continued on page 68

Design 1900

more than a little continental
VILLEROY & BOCH



At the beginning of this century haute couture gave birth to a new image of womanhood. More feminine, more natural, more self-confident than ever before. As a tribute to eternal feminin, Villeroy & Boch has issued a new design, adapted from engravings which appeared originally in the 1900 issue of the Dames de la Mode. This pattern consists of ten different motifs displaying the Parisian fashion at the turn of century. A superb selection of buffet plates, tableware, gift boxed, at approx $90. For more from this collection, write Villeroy & Boch, 295 Fifth Avenue, New York, New York 10016, USA. We'll send you a fully illustrated brochure of our tableware, and details about where you can use it.

Q & A

continued from page 66

German plate



Q. My plate has on it "Altes Stadtthor, Cochem, Dec. 94, Villeroy & Boch, Mettlach, Made in Germany." What can you tell me about its place of origin and the picture shown on it?
W.E.W., Jr.—New York, N.Y.

A. The well-known and still existing German potters Villeroy & Boch made your dish at their Mettlach factory some time after 1890. Cochem, a town in Germany in the Prussian Rhine province on the Moselle, is romantically situated in the deep and winding valley of the Moselle at the foot of a hill surrounded by a feudal castle dating from 1051, which has been restored in its former style. The words *Alte Stadttor* refer to the old town gate.

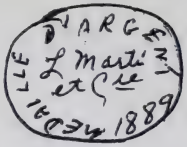
"Meissen" blue onion



Q. Some time ago we were given a set of blue onion ware and were told it was real Meissen. However, it does not have the crossed swords mark, only the word "Meissen" on it. Can you explain this?
J.P.—Brooklyn Heights, N.Y.

A. From about 1724 until World War II, the crossed swords were the Meissen factory mark. From the 19th century onward, several minor porcelain factories working in the Meissen tradition have been started in the town of Meissen and their mark sometimes included the name Meissen. One of their widely popular patterns was Zweibelmuster (German for onion pattern), which had been introduced about 1739. The pattern, of Chinese derivation, was composed of formal flowers and foliage and stylized peaches, mistaken for onions.

French clock



Q. From the mark and the word Caldwell, can you tell who made my clock and if it is very old?
G.L.—Gabriel, Calif.

A. According to the marks on your clock, it was made by the French clockmakers L. Marti & Cie., who received a silver medal for the model, which was exhibited at an International Fair in 1889. The retailers were the well-known and still-existing J. E. Caldwell & Company of Philadelphia.

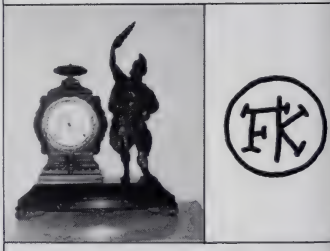
Empire style sofa



Q. I would be most interested in knowing whatever you can tell me about the style of my sofa, how old it might be, and where it was made.
R.T.B.—Garden City, N.Y.

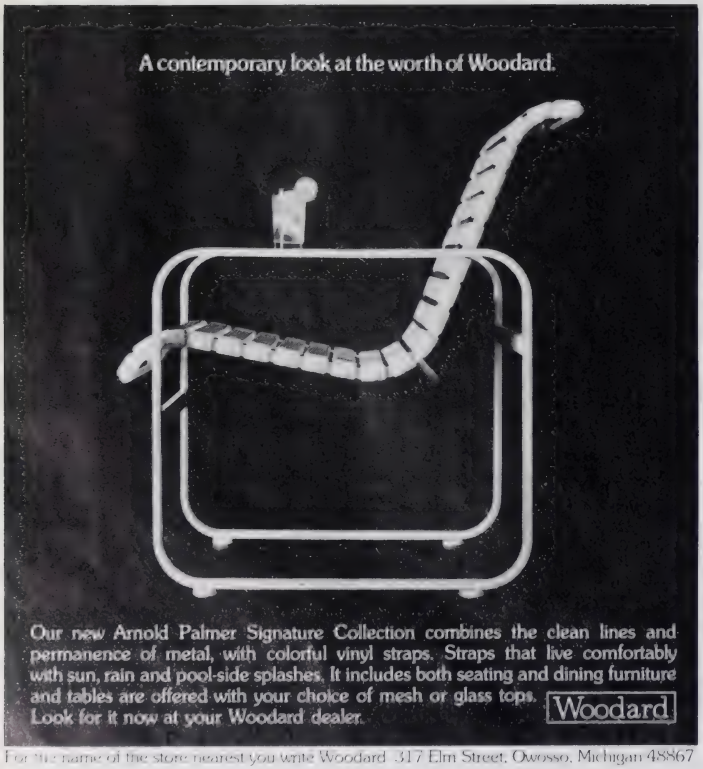
A. Your Empire style sofa was made in America, perhaps New York, around 1830. The gilded stenciling, which replaces carving, is a most unusual feature.

New York mantle clock



Q. I've made a rough sketch of the identification mark appearing on the dial of my old clock. From the sketch and enclosed photograph, can you tell me who made my clock and when? **F.J.—Newhall, Calif.**

A. The dial on your figural mantle clock bears the trademark of the F. Kroberg Clock Company working in 1880 in New York City. The firm went out of business sometime after 1898 and before 1904.



For the name of the store nearest you write Woodard, 317 Elm Street, Owosso, Michigan 48867



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Now you can enjoy LouverDrape Vertical Blinds with the rich texture of fabric. Select the soft subtle effect of Hopsack Prints or the richness of Suede, each with its own special look. Choose from 50 colors, each in practical room darkening opaque or delicate translucent louvers that glow like stained glass. 100 choices in all. Select a single color or mix and match to create an original striped effect. The outside surface offers a uniform appearance with a white specially created heat reflecting surface of durable solid vinyl; reducing heat, cutting air conditioning bills and saving energy. Additionally, unlike horizontal blinds, vertical louvers don't catch dust, making maintenance a breeze. LouverDrape, there is a difference. Send $1.00 for our full color "Vertical Imagination" brochure. LouverDrape Inc., 1100 Colorado Avenue Department 48, Santa Monica, California 90401

LouverDrape

LOOKING GOOD

continued from page 38

natural, glowing look and fights dehydration at the same time. *Orlane's* **Creme Sport Antideshydrante Integrale** should be applied one layer at a time until you have just the color you want. This cream is especially helpful for women who perspire profusely—the cream will stay put until you take it off. $20 for a 1.7-ounce jar. Two, from *Bonne Bell*'s new 10K System, **10K Lotion** is loaded with sunscreens to keep you protected during active sports. And what does 10K mean? It stands for the 10-kilometer races that are held for women throughout the country under the sponsorship of Bonne Bell. Try the lotion whenever you're going to be outdoors—in the sun, in the wind, on the water, anywhere the sun's rays can reach the skin. $3.50 for a 12-ounce bottle.

For your eyes: Waterproof eye makeup in ten summer-light shades from *Aziza*—it's called **Shadow with Sealer** and it's smudgeproof, creaseproof, and the color won't change either. Honey Lustre looks great on slightly tanned blondes, Ginger Lustre on slightly tanned brunettes—or blend them both and get Peachy Beige Lustre. $2.75 each at drug and department stores everywhere.

PAULA RICE JACKSON

Your fragrance and herbal almanac
The sign: **Gemini**
Circa: May 21-June 21

The clean, graceful fragrance of lavender has scented rooms and linen presses for centuries throughout Europe. Pilgrims brought the plants to America not for the frivolous pleasure of the fragrance, but to make Lavender Water, thought to be a sovereign deterrent to the plague. Later Lavender Water evolved as an early commercial toilet water in England. Pierre Deux, with shops from New York to San Francisco, makes sachets of its colorful printed muslins from Provence filled with fresh lavender. The versatile and articulate Geminis of both sexes will relish **Agua Lavanda** by Puig.

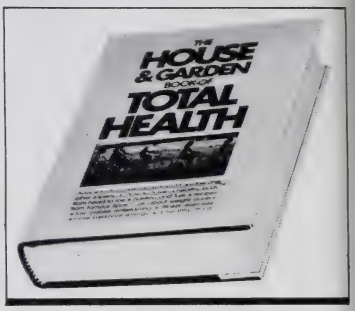
MARIA REACHI

YOUR FAMILY'S HEALTH

continued from page 30

How can you bring more play into your life? "First," suggests Dr. Tutko, "ask yourself 'What would I like to be doing in my free time?' Then, read up on that activity, whether it's racquetball or rose gardening. Talk to friends (especially the playful ones) and find out what's going on in your community. Then, schedule a time when you can play the way you'd like to. You think you don't have enough time? Think again. Everyone can find some time during the day to spend a few minutes playing." No place to play? "Not a valid excuse," says Burton Naiditch. "You can find ways to play anywhere, indoors or out."

After all, who would have expected to find play on a Fifth Avenue bus? ■



Health: Help yourself

The House & Garden Book of Total Health, which is filled with up-to-date information about fitness, nutrition, relaxation, and well-being from the nation's top health experts, may now be ordered for $11.95 a copy plus $1 to cover postage and handling. To order, please write to: Condé Nast Books, Post Office Box 3308, Grand Central Station, New York, N.Y. 10017, enclosing your remittance and correct mailing address.

You'll need to patch a crack sometime...



so when that day comes, just open a can of **DAP Interior Spackling Compound.** Ready-mixed and ready to use, it spreads evenly and smoothly. Fills fine line cracks, holes and deep breaks in plaster, wood and drywall. And because it sands to a feather edge and takes paint beautifully, DAP Spackling helps you make neat, invisible repairs in walls and ceiling.

Three other DAP products for your home. To prime and protect metal surfaces against rust, use **Derusto Minute Finish Spray.** A rust-inhibitive primer is in the color for extra protection with every coat. To dress up cracks around tubs, sinks and showers, apply **Kwik-Seal® Tub & Tile Caulk.** It stays white and flexible, seals out moisture. For tight seals around doors and windows, the answer is **DAP Acrylic Latex Caulk.** This interior/exterior caulk comes in 7 colors to save painting.



and when you do... all you gotta know is DAP Derusto

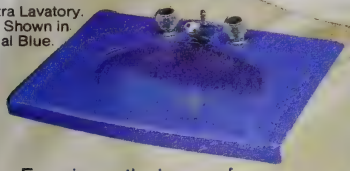
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American-Standard invites you to enter its fashionable world of bathrooms.

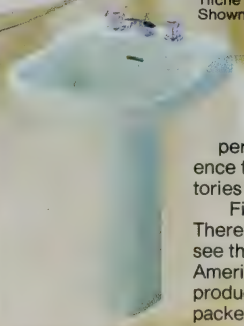


Ellisse Lavatory. Shown in Bone.

Ultra Lavatory. Shown in Colonial Blue.



Tilche Lavatory. Shown in Aegean Mist.

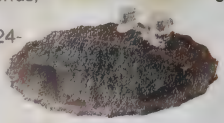


Experience the luxury of American-Standard lavatories.

Prepare to be dazzled with graceful ovals, delicate scalloped edges, and beautifully sculptured shells. With designer-inspired pedestal classics such as the Tilche and the Ellisse.

More dazzle in the colors. Flattering and fashionable. A joy to look at. And compatible, not only with decorating trends, but also with each other.

And the ultimate dazzle, fittings of 24-karat gold plate. A definite luxury. An outstanding choice, from a wide selection, is the Ultra Font. The faucet that creates a graceful arc of water yet doesn't splash. Use it as a drinking fountain or shampoo center.



New Aqualady Lavatory. Shown in Americana Brown.

Experience these personal luxuries. Experience the feel of beauty. In lavatories from American-Standard.

Fine and famous quality. There is no luxury without it. To see the complete selection of American-Standard luxury products, send for our idea-packed decorating guide. Send $2.00 to: American-Standard Decorating Guide, Dept. HG-69, P.O. Box 2019, New Brunswick, NJ 08903. Or, visit an American-Standard Distributor Showroom and see these luxurious products. Call toll free **800/325-6400** for the name and location of the one nearest you. In Missouri, **800/342-6600.**

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BY MARY ELIZABETH FALTER

Finding the better way

Keeping track of kitchen tools, how to steam vegetables, easy-to-make-up bed, saving electricity, and other useful tips

One way to keep track of kitchen tools (spoons, spatulas, forks) is to put a different color dot of bright enamel on each drawer or storage area and a matching smaller dot on all equipment that belongs in it. Then when people help you in the kitchen, they'll be able to find the proper place for each piece at cleanup time, and you won't have to hunt through every drawer looking for it later.

Steam cooking vegetables is not only the best way to cook them but saves time, energy, and pot washing, as you can cook most of a meal at one time. Use a heavy, spacious pot with a tight-fitting cover and a folding adjustable rack or steamer designed for the purpose. Begin with potatoes or longer-cooking vegetables and add the more delicate ones later, separating them with a bit of foil if need be. Or cook the vegetables separately and keep them in the warming oven. You can buy a two-layer steamer, which offers a variety of possibilities because fish, chicken, or shellfish can be cooked in the top compartment and the juices will drip through to the vegetables below. To get the most nutrients from vegetables, leave the skins on them. Just trim, scour with a stiff brush, and cut them coarsely.

It's now possible to have a bed that's good-looking, comfortable, and warm—and can be made up for the day by simply whisking up the cover and adjusting the pillows. The key ingredient is a **super-soft, light, and warm puffy quilt**. It serves as a blanket, keeping you marvelously warm and cozy, and as a spread, since it can be covered with washable fabric covers that snap off for laundering and are made to fit any room scheme. Team it with a fitted bottom sheet, the required number of pillows and slips, and that's all there is to it. Just arise, pull up your quilt/spread, and pat the pillows. Conran's at Citicorp Center in New York have duvets that are just the kind of quilt required, and also sell covers to go with them in several colors and patterns.

A recent survey points out some **interesting facts about the use of electric light.** First of all, and obvious, concentrate the best light in the most-used areas of the house. One 100-watt bulb will provide as much light, properly placed, as two 60-watt bulbs, and one 40-watt fluorescent light will give more light than a 100-watt bulb, last ten times longer, and use half the energy.

One of the most uncomfortable and irritating movements for anyone with back trouble is bending over a shopping cart in the supermarket to get out the bottom layer of groceries. It puts your body off balance, strains your protective muscles, and it's almost impossible to do your medically approved knee-bend lifting. One **solution for the too-low shopping cart** is to put an empty cardboard carton upside down in the cart and make your first purchases some bulky, lightweight items such as paper towels or dry cereal. Put these around the box and then add the rest of your groceries on top. They will be raised enough to unload easily. Bring your own box if you have to, but most markets will give you one if you ask.

The Flower Keeper is just that—a pretty little pear-shaped covered **glass jar that keeps cut flowers fresh** for a week without water. It's about 7 inches high and is on a black teakwood stand, so it's decorative enough to show the flowers at their best. There are many interesting ways to arrange them—including upside down—and all you have to remember is to be sure your flowers are fresh to begin with and to make a new cut on the stem, as the Flower Keeper works on the terrarium theory of confining plant material in an airtight container, so it makes its own moisture. You can get the keeper in gift shops and boutiques. ■



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(Frank Kirtien Jr., Vice-President of Nettie's Flower Garden, wreathed in smiles.)

"Contrary to popular belief, life in the flower business is no bed of roses.

"It's a jungle out there.

"And although, as Vice-President of the largest flower business in St. Louis, I'm an expert on the likes of Floridian gladioli, Dutch parrot tulips and South American carnations, what I used to know about media buying did not amount to a hill of beans.

"So, like my competition, I depended on radio, local newspapers and the inevitable neighborhood grapevine.

"But as my business began to branch out from corsages to conventions, bouquets to banquets, I wanted a media buy that would reach more successful businessmen without nipping too far into my advertising budget.

"Then last year, my advertising agency—Harris McKenna Meng—told me about MNI.

"Magazine Networks, they said, is an inexpensive way to buy national upscale magazines in compatible local groups. With networks you can choose demographically, geographically, even psychographically. In markets as local and diverse as Denver, Rochester, Kansas City and Miami.

"So in the past year, ads for Nettie's appeared in magazines like Better Homes and Gardens, Ladies' Home Journal, and McCall's.

"And our business has grown bigger than ever, while—unfortunately—the flower industry in general has wilted slightly. If there's a smell sweeter than roses, it's success."

If you want to find out more about Magazine Networks and how it can be used for heavy-ups, test-marketing or special promotions, call Marc Scheiner at (305) 564-3004.

There's a lesson to be learned from a man who buys media with his own money.

MNi

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The ME range from Caloric cooks with microwave and electric.

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At the same time.

So it not only cooks faster than microwave alone, but better.

Turkey comes out crisp and brown on the outside, and tender and juicy on the inside. (More juicy than if it had cooked three to four hours in an ordinary oven!)

Pork chops are broiled to perfection in just 12 minutes.

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Fact is, any recipe that calls for broiling or baking can be done in a ME range in far less time—with far better results—than with any other cooking method. And you can use it to serve up anything from a full meal to a single cup of coffee.

The ME range from Caloric. You can't buy a faster cooking microwave oven (even in a countertop), much less find it inside the oven of a full-size, self-cleaning electric range.

To discover how much fun cooking can be—either microwave or electric or a combination of both—see ME.



Model ERP 383

the ME range

CALORIC®

Caloric Corporation, Topton, Pa. 19562

A Raytheon Company

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MIA/W/3

Learn French at home.



It isn't hard.

In fact, Stouffer's Crepes may be one of the easiest, most delicious French lessons you could have.

Eight delightful crepe varieties with the spirit of France in every bite. Delectable, surprising combinations you can have for lunch or dinner, brunch, or late supper.

Try Beef Burgundy. Chicken with Mushroom Sauce. Ham & Swiss Cheese with Cream Sauce. Or one of our five other crepes. Whichever you pick, you don't have to do a thing except heat. And enjoy.

Crepes, from Stouffer's. Learning to love them is easy.



Crepes, from Stouffer's.®

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Yes!
You are reading this through a glass.

A glass washed in Dishwasher ***all.*** Clean. Clear. Spotless as can be. Because Dishwasher ***all*** has a built-in rinse agent formula. If your glasses don't look like this, it's time you started using **Dishwasher *all.***





Discover **Arctic**
-more menthol refreshment

Full menthol refreshment. That's what ARCTIC LIGHTS delivers. A very special kind of menthol refreshment you just won't find in any other low 'tar' menthol cigarette.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

9 mg. "tar", 0 .8 mg. nicotine av. per cigarette by FTC method.



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Lights
than any other low 'tar' cigarette.

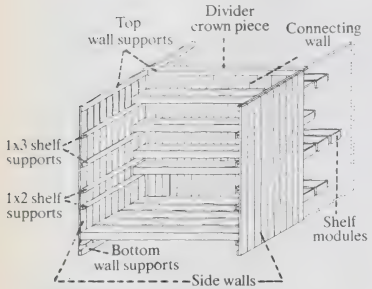
You see, while the filter holds back 'tar,' the unique new ARCTIC LIGHTS menthol blend comes right through. Result? You get the iciest, brightest taste in menthol smoking—puff after puff. Light up your first ARCTIC LIGHTS.
You just won't believe it's a low 'tar' menthol.

Arctic Lights: Kings & 100's

BY PETER STAMBERG

How to make the double-duty divider

(See page 162)



Materials

#2 pine for connecting wall:	
21 6-ft. 1-by-4s	$55.44
7 14-ft. 1-by-3s (supports for shelves, top and bottom)	32.34
1 8-ft. 1-by-3 for crown piece	2.64
#2 pine for 2 side walls:	
36 6-ft. 1-by-4s	95.04
10 6-ft. 1-by-2s (shelf supports)	13.20
14 6-ft. 1-by-3s (shelf runner, top and bottom supports)	27.72
#2 pine for 10 shelf modules:	
10 14-ft. 1-by-6s	91.00
10 14-ft. 1-by-4s	61.60
Hardware:	
2 lbs. 1¼-in. brads, 16 gauge	3.40
2 lbs. 1½-in. finishing nails	1.40
1 qt. wood glue	3.90
4 2½-in. wood screws	.15
12 4-in. wood screws	.84
24 sheets sandpaper (12 med., 12 fine)	3.60
	$392.27

Tools

Hand saw
Hammer
Hand drill (⅛-in. bit)
Sanding block
Tape measure
Pencil

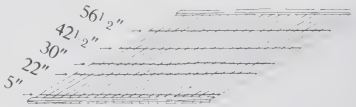
Step 1 Constructing central connecting wall

●Take the 21 6-foot lengths of 1-by-4 wood and line them up side by side on the work area. Push slats tightly together and measure distance across the center. (If the pieces are 3½ inches wide—as 1-by-4s should be—and perfectly straight, their total width will be 73½ inches. However, board widths vary from milling to milling, so each set will produce a unique measurement.)

●Cut the 14-foot lengths of 1-by-3 into 14 pieces the width of the connecting wall. Seven of these will be nailed to each side of the wall for 5 shelf supports and a top and bottom support.

●Glue and nail the top and bottom supports to the wall as shown, using 3 1¼-inch nails wherever a 1-by-3 crosses a 1-by-4. (Hint: When nailing the first support, do not force the 1-by-4s tighter than desired width or you will have trouble at the other end.)

●Mark lines for the shelf supports at the following 5 points:



●Glue and nail the 5 shelf supports to the wall, using the lines as guides for the bottom edges of the 1-by-3s. Again, use 3 1¼-inch nails for each joining.

●Turn wall over and nail the other 7 supports over the first set.

●For the crown piece (which will secure the divider wall to the side walls), cut the 8-foot piece of 1-by-3 4½ inches longer than divider width. Glue and nail it to the top of the divider using 1½-inch nails. It will protrude 2¼ inches on each end and the sides will overhang slightly.

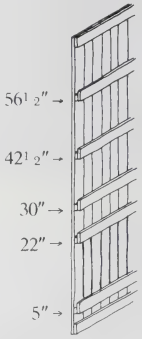
Step 2 Building the side walls

●Take 18 6-foot lengths of 1-by-4 and line them up side by side on the work area. Measure the width as in Step 1.

●Using this measurement, cut 5 1-by-2s for 5 shelf supports and 7 1-by-3s for 5 shelf runners and a top and bottom support.

●Attach the top and bottom supports as in Step 1.

●Mark 5 lines across the wall as before. (The shelf heights of the wall and divider should match.)



●Glue and nail the 5 shelf supports using the lines to mark the bottom edges. Use 2 1¼-inch nails for each joining.

●Attach the 1-by-3 shelf runners to the supports, as shown, using 1½ inch nails.

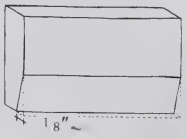
●Repeat to construct a second wall.

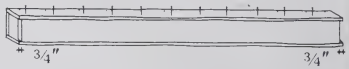
Step 3 Attach shelf braces to verticals

●For each shelf module: cut 2 1-by-4s (shelf sides) and 1 1-by-6 (shelf top) the width of the connecting wall plus 3 inches. Cut another 1-by-6 (shelf bottom) the width of the divider plus 1½ inches. You will also need 2 3½-inch-long pieces of 1-by-6 for shelf ends.

●Sand ⅛ inch off end of each shelf end piece until it forms a wedge.

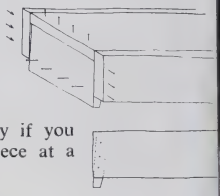
●First glue and nail one shelf side to top using 1 1½-inch nail about every 7 inches. Repeat for other shelf side.





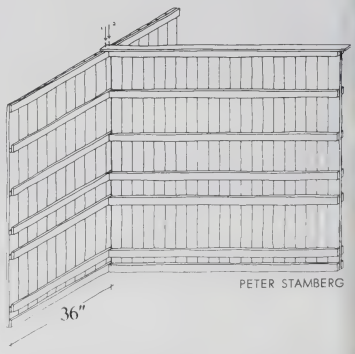
●Place the shelf bottom between the two 1-by-4s and glue and nail it as shown.

●Fit the end pieces into the shelf module, beveled edges facing in, and glue and nail them using 3 1½-inch nails for each side and 4 for the top and bottom. (Hint: The shelf module will slide onto the runners more easily if you nail the end piece at a slight angle.)



Step 4 Assembling the divider

●Place the connecting wall perpendicular to one side wall, 36 inches from one end, as shown. Drill two ⅛-inch holes through the crown piece, 1⅛ inches from the end, into the side wall. Screw in 2 2½-inch screws.



●Check to be sure the connecting wall is perpendicular to the side wall and also the floor, then drill 6 ⅛-inch holes from the side wall into the divider where each of the 5 shelf and bottom supports meet. Screw a 4-inch screw in each hole.

●Repeat Step 4 to attach the other side wall.

Sand divider and modules first with medium grain, then fine grain, sandpaper. Apply paint, stain, or clear finish.

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MONEY

continued from page 44

Peak-season fares, of course, are the most expensive. If the fare quoted is for the peak season, find out when the off-season fares will go into effect. Different geographic destinations have different seasons, so it's well-worth asking about. A difference of just one day can cut your fare substantially. And if you travel just as the season changes—the "shoulder season"—you'll still be able to enjoy most of the peak season's attractions.

Foreign flights. If you plan to make additional flights while abroad, find out how much it will cost you before you go. For example, a flight from one European city to another can cost almost as much as it costs for you to get to Europe in the first place. Some Europeans even joke that the cheapest way to travel in Europe is via the United States. You may well find that planning your travel itinerary to take advantage of stopovers will give you the best break.

Charters. Many of the old rules and regulations have recently been tossed out. For example, you no longer need to book a charter in advance. What's more, if you can find a charter that's about to leave with some empty seats, you may be able to pick up a ticket for half the price the other passengers paid. The charter operator has to pay for the seats he booked whether they're filled or not.

You can find out about charter flights from travel agents or through the 1979 Charter Flight Directory ($3.75, Travel Information Bureau, P.O. Box 105, Kings Park, N.Y. 11754). One note of caution: Before you pay for a charter ticket, carefully read the cancellation rules. Cancellation rules and penalties can vary dramatically.

Package deals. Also be sure to ask about package fares or package charters —ones that include hotel, ground transportation, and possibly even sightseeing and entertainment. Sometimes these package deals are so cheap that it's worth taking them even if you don't plan to use some portion of the package. However, do note that if you take the package, you are tied in to the dates and places specified in the deal. So you should shop for one that most closely matches what you want from your vacation. ■

Manuscripts

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Home-smoked foods

Whole smoked chicken

This is the recipe Mr. Mount and his partner, Daniel Rosenblatt, use for their apple-smoked chickens, which can be mail-ordered (as well as turkey, duck, filet mignon): Menuchah Farms Smoke-House, Route 22, Salem, N.Y. 12865.

INGREDIENTS

1 tablespoon salt
1 2½-3-pound chicken
3 tablespoons honey
3 tablespoons brown sugar

METHOD

☐ Rub salt well all over chicken. Truss the chicken and refrigerate 24 hours. Rub sweeteners all over chicken and smoke over a very low fire 4 hours or until tender and cooked through.

Chicken breast sausages

INGREDIENTS

4 whole chicken breasts
Chicken fat (skin and tendons from the breasts, plus fat from the cavity of a large chicken)
3 tablespoons fresh tarragon, chopped
1½ tablespoons green peppercorns, drained and roughly chopped
1 tablespoon black truffle, chopped
2 tablespoons cognac or brandy
Salt, pepper to taste

METHOD

☐ Grind 2 of the breasts with the chicken fat coarsely in a meat grinder or food processor and put in a bowl. Cube the remaining breasts about ¼-inch square. Add to the bowl with the remaining ingredients and mix well. Stuff the mixture into sausage casings or shape into patties.

☐ Cook the sausage immediately or refrigerate 1-2 days to let flavors blend. To cook, prick the skins in several places and fry slowly in a skillet until brown all over. If you cook them outdoors over a grill, it will take about 20 minutes. They will take 1 hour in a smoker. Makes 10-12 4-5-inch sausages ¾ inch in diameter.

Pork loin sausages

"Pork loin has a good flavor for sausages. These are only about 20 percent fat, so are very lean for sausage."

INGREDIENTS

5½ pounds pork loin
1½ pounds fresh pork fat
Salt, coarsely ground black pepper
3 tablespoons green peppercorns, coarsely chopped
6 tablespoons fresh rosemary, chopped

Chicken and sausage with a robust outdoor flavor from Charles Mount

(See his party on page 142)

2 tablespoons caraway seed
¼ cup cognac or brandy

METHOD

☐ Cut 1½ pounds of the pork into small cubes about ¼-inch square. Grind the remaining meat with the fat through the coarse blade of a meat grinder. Put the meat, 1½ tablespoons salt, 1 tablespoon pepper, green peppercorns, rosemary, caraway, and brandy in a bowl and blend well. Take about 1 tablespoon of the mixture and cook it in a frying pan until well browned on both sides and cooked through. Taste for seasoning and add more as needed.

☐ Stuff sausage casings with the pork mixture or form into patties. Cook the sausage in a frying pan, pricking the casings in several places to let the fat escape, until brown all over and cooked through. Or smoke them over a low fire 1 hour or until cooked through. Serve with mustard. Makes about 26 5-6-inch sausages about ¾ inch in diameter.

To fill sausage casings

Casing is either pork intestine or biodegradable material that is perfectly safe. The natural casings come well salted and keep 6 months refrigerated in a jar packed with coarse salt.

A sausage stuffing attachment works like a huge pastry bag. It is simply a funnel placed over the meat grinder with the cutting blades removed.

METHOD

☐ Soak the salt out of the casings overnight. Change the water 4 times. Run water through the casing to open it up and check for holes. Cut casing into manageable lengths—about 4 feet.

Continued on page 190

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Gaines

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INGENIOUS WAYS TO MAKE YOUR LIFE EASIER

SPACE-SAVING STORAGE

Linen logic

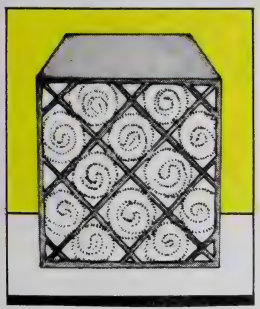
Cover shelves with different-color self-stick paper to distinguish top sheets from bottom, twin size from double.

Small plastic bags can be used to keep napkins of a color together.

Seasonal linens can be stored in empty trunks or baskets.

Save dry-cleaning bags and use them for storing blankets and bedspreads.

Towels can be neatly rolled in a wine rack or lightweight plastic buckets (hang them or nail their bottoms to the wall).



SUSAN GRAY

Sports at the ready

Hang skis horizontally in the back hall, using two wooden pegs for support. Or, stack wooden cubes for boots, gloves, and jackets and leave some room in between to stand skis and poles. The narrow space above a doorway is a good place to hang skis during the summer months.

Some tips from designer Joseph Freitag:

- Hang floor-to-ceiling curtains a few inches from the wall to hang flat items like racquets, fishing rods, scuba flippers behind it.
- Use string bags to store tennis balls, running shoes, other easy-to-lose gear.
- When you hang a tennis racquet or ski poles, use the clamps and clips you see for hanging tools in a workshop.

Keep a large bin for miscellaneous sports items—Frisbees, baseball gloves, soccer balls—by the back door where it's most needed.

Hang roller skates, skateboards, and other movable sports equipment to prevent an accidental slip.

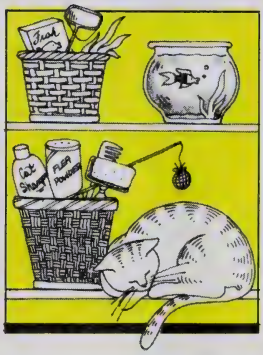
How to keep

Silver—wrap tightly in plastic wrap. Will stay airtight, resist tarnishing.

Record albums—protect in covers with their plastic wrapping (aptly called "shrink wraps") removed.

Inflatable sports equipment—keep at room temperature to avoid deflating.

Apples—wrap in newspaper, store in a cool place, and they'll be fresh for months.

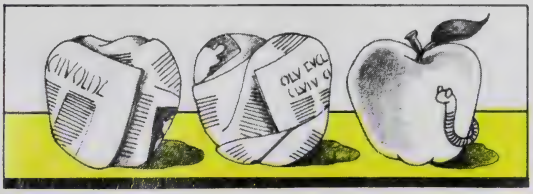


Putaways for pets

Keep pet supplies in baskets—one for each pet. Dog brushes, special shampoos, vitamins, and toys in one; another for the cat; a third for the fish or bird. And give pets a special shelf in the kitchen for food. Or, keep a separate cabinet with room for everything and hang leashes inside the door.

For the little things

Printers' drawers (find them in secondhand stores or antiques shops) can hang on the wall to display tiny collectibles or be used flat for keeping sewing supplies in order.



Nail the lids of small glass jars to the underside of wall cabinets or shelves to hold spices, thumbtacks and nails, rubber bands and paper clips, and other small necessities.

Keep a small set of drawers on your bureau for jewelry. Or, use several small trays: one for earrings, one for rings, another for pins. (Necklaces stay untangled when stored hanging.)

The pegboard puzzle

(Note: When mounting pegboard, nail a small molding strip to the top and bottom of the back to make room for the hooks.)

Pegboard can be used almost anywhere: Panel all the kitchen walls, or just the inside of cabinet doors. Or, put some under wall cabinets and hang utensils from there.

To know where everything fits on a pegboard wall, outline each utensil in black, as Julia Child does.

Use pegboard on the back of a freestanding bookcase or wall divider to mount baskets, art work, collectibles.

Pegboard on the back wall of a closet holds tennis racquets and other sporting gear.

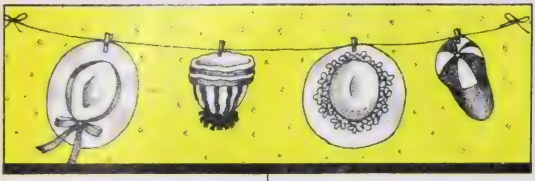
A small strip of pegboard near the front or back door will take keys as you walk in, hold them until you leave.

Pegboard in the garden closet or toolshed keeps everything neatly in place.

Storage in places you never thought of

Turn hats into decoration: String up a small clothesline along the wall, hang them by their brims with clothespins.

Don't overlook the area beneath wall cabinets or window ledges: In the kitchen use cup hooks for scrub brush, pot holders, utensils. Under windows, do the same for scissors, small mesh bags of whatever's needed in that room.



If there's a door you never close, do what Joseph Freitag does: Use the space behind it for hidden storage.

Be on the lookout for small niches—near windows especially—that are perfect for shelves. Or, make a seat with one shelf skirted to the floor.

Folding screens can create storage space in an instant: Screen off a corner to make a closet, or run screens lengthwise down a long hallway.

Skirt a table, sink, or shelves by attaching Velcro and hanging fabric. Then, hide cleaning supplies underneath.

Hang a curtain in front of an eave space to make a closet.

Three-tiered mesh baskets can be used all over the house: in the kitchen for vegetables; near a desk to hold erasers, paper, typewriter ribbons; in the bathroom for cosmetics, shampoos, or cleaning supplies; in the toolshed or garden closet for small tools, seeds, and plant food; or in a closet for accessories or socks and underwear.



In the kitchen

A freestanding rolling cabinet with butcherblock top will add counter and cabinet space to a small kitchen.

Plastic margarine bowls or ice-cream containers make excellent freezer dishes for sauces and individual servings.

Keep plastic baskets under the sink for cleaning supplies.

For more counter space, keep a piece of butcherblock or cutting board that will fit over the sink (or an open drawer). Keep it handy between cabinets or under the sink.

Narrow bread baskets can be used to keep spices in line. Use smaller baskets in kitchen cupboards for loose packets—salad dressing, soups, sauce mixes.

Use the inside of cabinet doors for towel racks, hanging flat utensils, or posting most-favorite recipes.

Comings and goings

Hang coat hooks and a shelf lower for children to hang their coats and put books on when they come home from school.

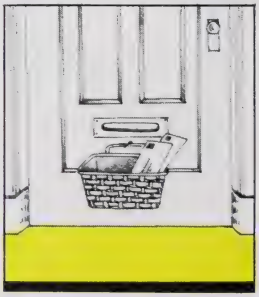
For keys, skate keys, and small things that are easily lost and always needed in a hurry, keep a small bowl or jar by the door. Or line several small hooks on a strip of molding on the wall. A small bowl full of change for the bus or for lunch money is also handy on a hall shelf. And keep a bulletin board or cork board near the back door for keys, messages, grocery lists.

Keep a flashlight and extra batteries in the front and back hall closets and make sure everyone knows where they are. Candles should also be kept handy (and don't forget the matches).

A large metal milk container can be the perfect umbrella stand.

Look for used metal lockers to place by the back door for sports storage in the bathroom, or as a cabinet for cleaning supplies.

If your mail comes through the front door, hang a basket under the slot to collect it.



SUSAN GRAY

Double up

Clothes rods can be hung at two different heights. Or, in a deep closet, hang one forward and another behind it.

Two tables of the same size can be used individually for games and work space, then pushed together for a dining table.

In a small eating area, use a gateleg fold-down table that opens on both sides for dining and takes up half the space during the day.

House & Garden's Idea Box

A handsome place to keep storage ideas, high tech catalogues, and pages from House & Garden: The House & Garden Idea Box in spongeable linen-y paper. Send $12 check or money order and your address to House & Garden, Dept. FB, Box 3562, Grand Central Station, New York, N.Y. 10017. Continental United States only. Allow 4-6 weeks for delivery. Money-back guarantee.

Well-kept closet

Paint or wallpaper a closet in bright colors, so opening the door is like opening a wonderful present.

Take advantage of boxes in all shapes and sizes: shoe boxes, hatboxes, clothes boxes. If they're not pretty already, paint them, or cover with paper. Stack or line them up as needed.

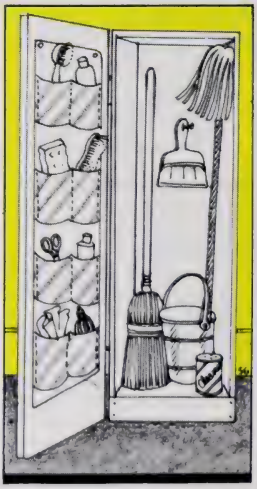
Color-code clothes as they hang so you can coordinate outfits in a hurry: Hang red blouses with red skirts, gray pants and blazer, etc. Sweaters can be stacked by color, too, and kept in see-through plastic containers.

Hang jewelry and accessories on the closet wall.

For more space in a closet, add a small set of drawers or stacked trays, or install floor-to-ceiling shelves to one side. Or, put shelves up high and store seasonal items in the hard-to-reach places.

To use the backs of closet doors for hanging accessories and other often-used items, use shoe bags, pegboard, or wooden pegs. If you have lots to hang, stretch a marine shock cord (heavy elastic) across two hooks to keep everything in place.

Shoe bags are not just for shoes. Hang them on the back door of the broom closet for cleaning supplies.



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DEAR HOUSE&GARDEN

BY MARGARET MORSE

Answers to your questions. Here we share some letters from our readers.

Patchwork prerequisites

Q. Do you know a place that has quilt kits? —L.A., Greensboro, Ala.

A. Three sources for quilt kits and books —two of which also offer calicos and plain cottons, batting, and such—are: *Ginger Snap Station*, P.O. Box 81086, Atlanta, Ga. 30366 (kits and supplies catalogue, 50¢; fabrics catalogue, 50¢). *Gutcheon Patchworks*, 611 Broadway, New York, N.Y. 10012 (seen in January 1979 issue: catalogue, $1). *Quilts and Other Comforts*, Box 394, Wheat Ridge, Colo. 80033 (catalogue, $1, offers patterns too; fabric swatches, 75¢).

Since quilting supplies are readily available, places that offer only quilt *patterns* with yardage estimates are also worth investigating:

Contemporary Quilts, 3466 Summer, Memphis, Tenn. 38122 (catalogue HG, $2.50). Over 80 patterns from antique quilts, many shown in color photographs. *The Stearns & Foster Co.*, Creative Quilting Center, Lockland, Cincinnati, Ohio 45215 (catalogue, $1.75). Over 130 pattern designs.

Transplanting Japan

Q. Can you suggest some books on Japanese gardening and landscaping? —M.J.F., Huntington, N.Y.

A. The Brooklyn Botanic Garden, which has a Japanese-style park worth visiting, offers two booklets: *Japanese Gardens and Miniature Landscapes* (ask for booklet 37) and *Dwarf Conifers* (booklet 47). Each is available for $1.75 ppd. a copy from the publications department there, at 1000 Washington Ave., Brooklyn, N.Y. 11225.

The other literature we've seen is not inexpensive. You might see if your public library has or can borrow one of these books: *The Japanese Garden*, with introductory text by Teiji Ito and photographs by Takeji Iwamiya ($29.50/Japan Publications Books, distributed by Kodansha International through Harper & Row, New York). And *Japanese Gardens For Today* by David H. Engel ($35/Charles E. Tuttle Co., Rutland, Vt.).

If you're coming to New York City, call a day ahead to make an appointment with the library at the Japan Society at 333 E. 47th St. The building is Japanese in design and has a museum gallery overlooking an indoor water garden. For nonmembers, admission is by contribution. No books are lent out, so come prepared to take notes.

Finally, you can see five pages on Jean Arthur's Japanese-style garden in *House & Garden's 26 Easy Little Gardens*, which has just come out in paperback. For a copy, send a check for $8.95 plus $1 to cover shipping (New Yorkers add sales tax) to Condé Nast Books, P.O. Box 3308, Grand Central Sta., New York, N.Y. 10017.

Mailbox decorating

Q. We have a regulation metal mailbox and would like to paint the outside with a freehand floral design. Can you tell us what materials we'd need? V.S., Greenwich, Conn.

A. Neil Janovic of Janovic/Plaza paint and wallpaper store in New York City can!

If your mailbox is unpainted metal, wear rubber gloves and thoroughly wash the outside with Metal Treat concentrate by the Klean-Strip Company of Memphis, Tenn. Wipe off with a clean cloth and let dry thoroughly. Promptly apply a coat of Rust-O-Crylic #5769 red water-based primer by Rust-Oleum. It should dry in about 2 hours.

If your mailbox has old paint on it, rough up the surface with #80 aluminum oxide sandpaper. Then use a tack cloth to remove any metal burrs or sandpaper particles. Coat mailbox with an oil-base metal primer such as #769 Damp-Proof primer by Rust-Oleum.

The next steps are the same whether the mailbox was unpainted or not: Apply your background color and then decorative motif using good exterior enamel paints, either oil-base or latex. Let each coat dry thoroughly before applying the next. Then help protect your decorative work from the elements by applying a coat of good spar varnish such as "Man-O-War" by McClosky. (Don't use a polyurethane product—it won't expand and contract with temperature changes as the metal—and spar varnish—will.) All products are sold at paint or hardware stores nationwide. ■

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Quick and easy party food

A sampler of recipes from Roderick Cameron's impromptu outdoor menus

(see them on pages 142-143)

Grapefruit and vodka cocktail

"I think this drink comes from Mark Birley's club in London, and I find it a perfect summer drink."

INGREDIENTS

2 ounces fresh grapefruit juice
1 ounce vodka
Dash dry Cinzano

METHOD

☐ Place all ingredients in a shaker with ice. Shake vigorously and strain into a chilled glass.

Beef ragout with prunes

INGREDIENTS

2 pounds stewing beef
Flour
Sunflower oil
4 onions, diced
1 package dried prunes (about 20), pitted
Salt, pepper
2 bottles beer

METHOD

☐ Cut the beef into squares and dredge in flour. Shake off excess. Pour enough oil into a stewpan to cover the bottom. Heat the oil, add the beef cubes, and brown well. Remove and add onions. Stir frequently to prevent sticking, and cook until onions disintegrate. Add the meat, prunes (which have been pricked so they will sorb liquid), and the beer a stir well. Season to taste. Co the kettle and let the beef si mer slowly 1½ hours or ui tender. Serve with riced boi potatoes sprinkled with pars Serves 6.

Stewed chicken with endives or leeks

INGREDIENTS

Butter
1 3-4 pound stewing chicken, cut into serving pieces
3½ pounds endives or leeks
Chicken stock
1 generous cup heavy cream
Salt, pepper
1½ pounds young, slim leeks
4 long scallion greens

METHOD

☐ Heat butter in a skillet a cook the chicken pieces, tu ing them several times, ur well browned and the fle whitens. Place the chicken i kettle or stewpot and add t endives, halved lengthwise. using leeks, leave about inches of green stalk on.) Ad small amount of chicken st but no water, as the endiv make their own liquid. Co covered, over moderate h about 45 minutes, or until chicken is very tender. Just fore serving, stir in the cre and heat, but be careful not let it boil. Season to tas Braise 1½ pounds leeks small pot in an inch of chick broth until tender but n mushy. Drain, gather into bundles. Tie each with a qui ly blanched scallion gre Serves 4.

Orange salad with orange-flowe water

INGREDIENTS

8 oranges, peeled
Sugar

lespoons orange-flower ater
ge zest, grated
h almonds, slivered

HOD
lse a very sharp small knife eparate the orange seg- s. Place the segments in wl, squeeze the core and branes over, to extract all uices, and sprinkle with a sugar. Let the fruit stand e refrigerator several hours. combination of the fruit the sugar makes a light, by juice. Stir in the orange- r water just before serv- Serve cold with a sprin- of orange zest and slivers monds. Serves 6.

ked nanas

REDIENTS
all bananas, unpeeled
aping tablespoons brown gar
ound butter
nces rum
o heavy cream

HOD
rick the bananas all over a sharp-tined fork. Place sugar and butter in a bak- dish that will hold the fruit e layer, place the bananas p, and bake in a preheated oven 30 minutes, turning basting them frequently. should become almost , and the sugar and butter turn syrupy. Serve each on 2 bananas. To eat, split open with a fork and kle with rum and cream. es 4.

ricot erbet

REDIENTS
ounds apricots or an equal uantity canned, drained
ricots
nces sugar
e of ½ lemon
ps yogurt

HOD
eel and pit half the apri- Place them in a blender od processor with ¾ of the r, lemon juice, and the yo- and process until very oth. (If using canned apri- sweeten only to taste.) this mixture to make the sherbet—follow instructions for your ice-cream machine.

Halve the remaining apricots (do not peel) and layer, skin side up, in a baking dish with a little water—sprinkle a little sugar between each layer. Bake in a preheated 375° oven until tender. When cooked, chill in the refrigerator several hours. (Omit baking canned apricots; simply chill them.) Scoop the sherbet onto individual serving plates and surround with the baked fruit. Serves 6.

Scrambled eggs with truffles

INGREDIENTS
8 eggs
2 truffles, diced
¼ pound butter

METHOD
☐ Beat the eggs lightly in a bowl and mix in the truffles. The secret to this dish: Let the truffles stand in the eggs 2 hours before cooking, so the flavor permeates. When ready to serve, melt the butter in a double boiler over hot water, stir in the eggs, and continue stirring until they thicken. Do *not* add any milk. Serve in an earthenware dish or in green peppers that have been halved and cored. Serves 6.

Ham mousse

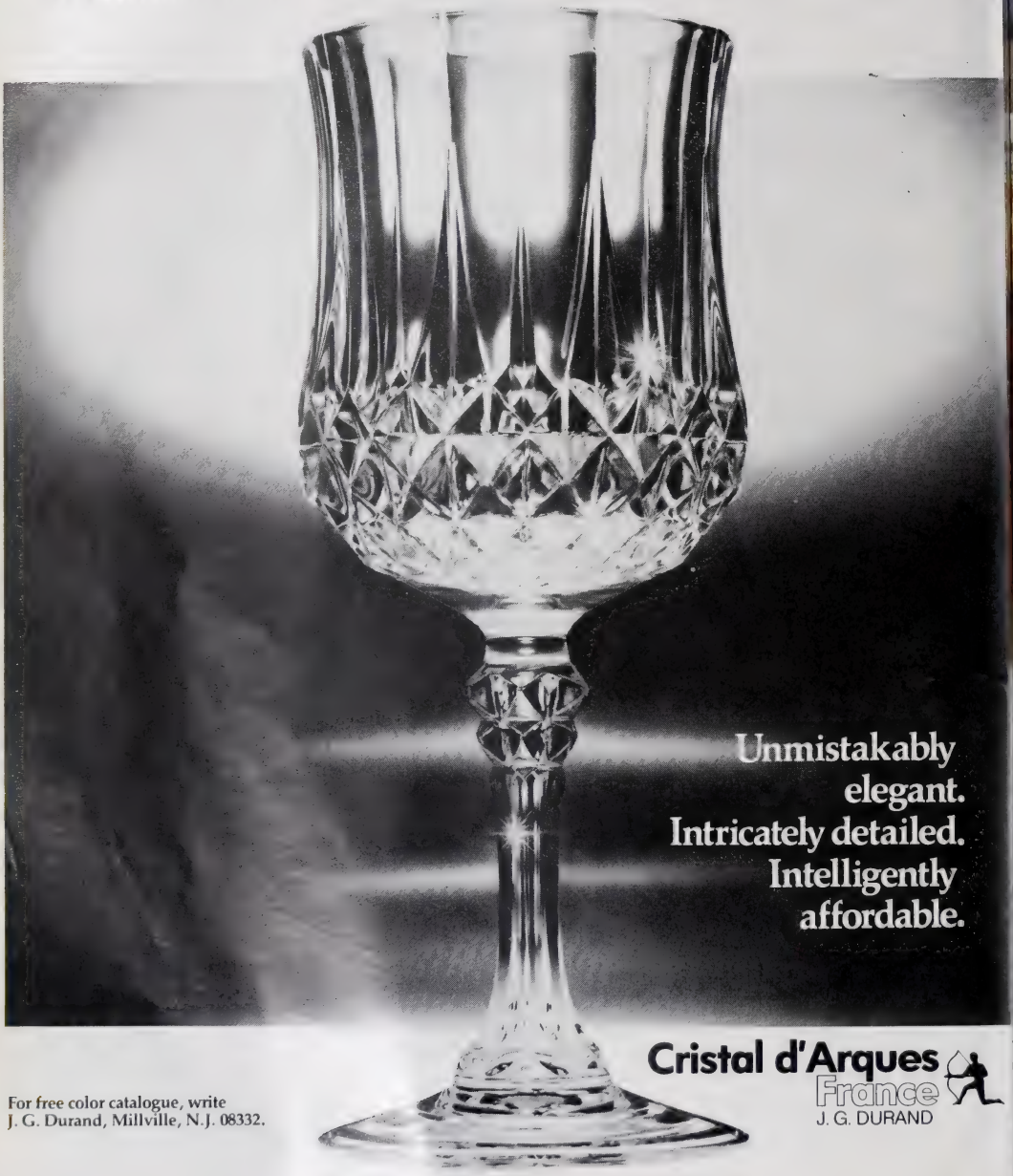
INGREDIENTS
10 slices ham
3 medium-sized white onions, finely chopped
3 cups thick béchamel sauce
Salt, pepper
Aspic for garnish
Ripe olives

METHOD
☐ Mince 8 of the ham slices very fine in a blender or food processor. Add the ham, with the onions, to the béchamel sauce and beat well. Season to taste. Pour the mixture into a mold and refrigerate several hours. The mousse should have the consistency of a pâté. To serve, dip the mold into hot water briefly and turn out onto a serving dish. Slice the remaining ham into strips and place crosswise on top of the mousse. Garnish with diced aspic and olives. Serves 6.



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BY DAVID WICKERS

Herb teas you can grow

4 of the most avorful herbs for tea, lus how to plant, arvest, prepare, nd enjoy them

as made from herbs—or *tisanes*, cor-ctly—have a history "more ancient an the sunne or moon or starres," ac-rding to one 17th-century herbalist. rtainly, they were brewed as far back King Tut's Egypt. In America, too, ey have a long past; wild herbs were thered and enjoyed by the Indians d, later, by the early settlers who also ten cultivated them. As the Revolution proached, herb teas were rediscovered the Colonials who wanted to boycott e Chinese teas imported by the British. nen, during the following bicentenni-n, herb teas were neglected in favor of iental varieties. Today, however, they e experiencing a revival and Ameri-ns again are enjoying their many fla-rs and aromas, sipping them not only a refreshing alternative to imported a-leaf blends but, once again, as a form protest, this time against the prices of ffee.

Compared to most flowers, fruits, and getables, herb tea plants are extraordi-rily easy to grow. Plus, they make a onderful sight, indoors or out, if you ow a variety that includes the creamy een-flowered angelica, say, or the arlet-flowered bergamot.

For all their ease in growing, however, en the greenest-thumbed gardener ould order from or visit a health-food ore or herb specialty shop, and buy nall quantities of the many different as that come either prepackaged or ose. This will enable you to run a taste st, sampling the large choice both indi-dually and blended, thereby discover-g which herbs or mixtures most suit ur palate. (Remember, too, that ti-nes can be mixed with imported Chi-se and Indian teas; the boycott of 76 is over.) Then, once you have se-cted your favorites, you can grow your vn. Seeds and plants are available at ost of the same stores that sell the teas, d there are many companies that sell mail (for a few, see page 190).

Most herbs flourish best in direct sun d in well-drained, sandy soil. Only rely are they fussy about the quality the soil, however. In fact, if the ground is too fertile it will diminish the teas' flavor. Nor are the herbs too bothered by diseases and pests. The occasional aphid or red spider mite can be sprayed with a naphtha soap-and-water mix, but otherwise the herbs' aroma seems to act as a bug repellent. Consequently, some gardeners intersperse herb tea plants among their other plants as an alternative to insecticides. (Bees, incidentally, love herbs, particularly the bergamot, which also goes by the name "bee balm" and the melissa, or lemon balm. And cats, as new gardeners should be cautioned, love to wallow and roll in *Nepeta cataria*, better known as catnip.)

To grow herbs indoors

In addition to thriving outdoors, most herbs grow equally well indoors. Those that originate in the sun-blessed part of the world will need to be in windows facing south, or can make do under fluorescent lights.

Indoor pots, as well as patio or balcony containers, must be equipped with drainage holes and crocked with pieces of broken pots to assure good drainage. Use a standard potting mix—top soil, peat, sand—adding half a teaspoon of lime (crushed eggshells do fine) for every 5 inches of depth. (Most plants need a pot 9 inches deep.)

The warmth of the average home will be sufficient. The air, however, will almost certainly be too dry. Increase the humidity, therefore, by a daily misting, and stand the pots on a tray filled with pebbles that can be doused regularly with water in order to keep the immediate climate damp. During the summer growing months, feed every fourth or fifth watering with half-strength fish emulsion or similar liquid fertilizer.

The harvesting of your crop will depend on which varieties you are growing —and which part of the plant you intend to brew. Unlike the Chinese and Indian teas, where only the leaf is used, some, though not all, tisanes can be made from different parts of different plants, and excellent flavors can be derived, variously, from the leaves, flowers, seeds, stems, bark, or roots. (But be very cautious about this and know your plants. Not every part of every plant is edible.)

The leaves of an herb plant can be picked at almost any time, though peak flavoring is reached just before flowering. Don't be hesitant about picking, even up to a third of the plant in one go, as this will stimulate new growth. Flowers should be picked when fully open,

Continued on next page



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and seeds when they look brown or gray. Stems can be cut along with the leaves or flowers. You can also harvest your own bark and roots, but it's much easier to buy these.

Tea herbs can be brewed either fresh or dried. Thin stems can be hung upside down or in an airy place, out of direct light, but everything else should be dried in a low oven, with the door left open. (Stems, bark, and roots should first be finely chopped.) Once the herb is crackly to the touch, it is ready for storing in an air-tight, opaque container. (If you are using more than one herb, remember to label the container.)

The best part of all in growing herb teas is drinking them—and that calls for brewing them properly. If the tea is to be made from leaves, flowers, or seeds (seeds should be lightly crushed), maximum flavor is brought out by infusion. This simple technique makes all the difference to the final taste. Use a warmed china or earthenware pot (metal ones may taint), and put in one teaspoon per cup if you are using dried herbs, two if fresh (they have a less-concentrated flavor). Add an extra portion "for the pot," pour in boiling water, and let the pot sit there, with the lid on, for 5 or 10 minutes, depending on how strong you want the tea. This steeping, or "drawing," step is important. Rush it, and you will have a cup of hot water with only the faintest hint of herb; prolong it, and the tea will be bitter. Pour the tea through a strainer—maybe a Chinese one of woven grass. Iced herb teas for summer are brewed in exactly the same fashion, strained, cooled in the refrigerator, and usually served diluted with iced water. Seed-based herb teas, such as anise or dill, need to have their ingredients bruised to release the essential volatile oils before brewing. Use a mortar and pestle, like the alchemists of old, or simply wrap the seeds in a clean cloth and lightly crush them under a rolling pin.

Roots, barks, and stalks must be decocted rather than infused: This means that you must add about 1 ounce of whichever you are using to 1½ pints of boiling water. Simmer for 15 to 20 minutes, leaving the lid off the pan so that the liquid reduces. Again, the beverage may be drunk hot or chilled.

Even though all the teas are fragrant, some people nevertheless like to add a little something extra. You can be different here, too, just as you have been with your tea: Instead of sugar, for instance, try honey; instead of lemon peel, orange.

The herb tea chest

Among the most flavorful tea herbs:

Angelica (Angelica Archangelica, a key ingredient of Chartreuse, Benedictine, and other liqueurs) is a delicate,

Continued on page 102



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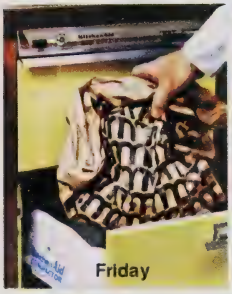
















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continued from page 99

musky tea with a hint of celery. The plant is a self-seeding biennial best started with a nursery-bought seedling. Unlike most herbs, it likes a degree of shade and rich, fairly damp soil. Use leaves, stem, or root.

Anise (Pimpinella Anisum) has the distinct taste of licorice. The plant, an annual, grows best in warm, sunny regions. Raise it from seed in peat pots or sow directly in a light, dry soil if your spring is a mild one. Use the seeds.

Bergamot, or bee bälm (Monarda didyma), is a minty tea first gathered from its wild state by Winnebago Indians around Lake Ontario. A perennial, it usually is raised from root divisions set out during springtime in moist semi-shaded ground. Use the leaves.

Borage (Borago officinalis) has a cucumber-like flavor. The plant is grown from seed and fares best in a dry, poor soil with plenty of sun. It is an annual but will self-sow freely—often too freely, if your backyard space is limited. Use the leaves, flowers or stem.

Catnip (Nepeta Cataria) has a minty, slightly bitter taste. It grows to a height of 2 feet and is a perennial with heart-shaped leaves and lilac or white flowers. It is easy to grow from seed, root division, or rooted stem cuttings in a moderately sunny but cool and airy place. Use the leaves.

Chamomile (Matricaria Chamomilla, the German annual variety, or Anthemis noblis, the Roman perennial) emits the aroma, and therefore the taste, of apples. Sow the seeds or set out ready-raised plants in the early spring in a well-limed, moist soil with lots of sun. Use the daisy-like flower heads.

Dill (Anethum graveolens) has an astringent, licorice flavor. It demands plenty of sunshine and a light, well-drained, and limed soil. It is an annual that grows willingly from seed sown outdoors provided the weather isn't too severe. Use the leaves or seeds.

Horehound (Marrubium vulgare) has a bitter, somewhat medicinal flavor. (Those who enjoy it usually add honey, and perhaps licorice or hysop to mask that edge.) Start horehound from seed sown in the spring, or divisions or cuttings, and give it all the sun you can spare. It is a perennial that thrives in poor soil, so don't pamper it with fertilizer. Use the leaves.

Lemon balm (Melissa officinalis) is easy to grow from spring-sown seeds, cuttings, or root divisions set out in the fall. It is a perennial that requires a richer soil than most but isn't too demanding about the sun. Use the leaves or flowering tops.

Sweet marjoram (Origanum majorana) is, as its name implies, one of the sweetest of teas. Sun-loving perennial, it

Continued on page 190



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BY RICHARD LANGER

African violets made easy

How to start a collection of the most popular plants in America, plus foolproof ways to keep them lush, healthy, and full of flowers

The African violet is probably the most popular flowering house plant in the U.S.A. And with good reason. An almost constant bloomer, this easy-to-grow, velvet-leaved beauty thrives under artificial as well as natural light. About its only drawback is that, as a friend put it, "an African violet is an African violet—they all look the same." If that's your feeling, look again. Things have changed.

You'll have to look beyond (or overlook) the hybrid names, however. They remain as kitschy as ever and are probably the single factor most responsible for the African violet's for-grandmothers-only image. I mean, what is one to do with Pooty-cat, Pucker Up, Wee Too, and Sassy Lass, and with plants described as having "girl" foliage and "boy" foliage? Grow them and forget the names, that's what.

Take Sassy Lass, for instance. I went up to Buell's greenhouses one day with a friend. Six-foot-four, strong as a horse, and an airline pilot by profession, Wayne isn't exactly your ladies-circle stereotype, but he's hooked on African violets, grows them by the hundreds. At Buell's, we each picked up a superb specimen of that nonsensically nomenclatured Sassy Lass, a striking white-flowered bloomer whose multiple blossoms are striped with brilliant rays of lavender/crimson. The plant is a standout far removed from the cliché image of the purple African violet. Where its name came from I have no idea. In this case I'm simply not interested. The plant's beauty speaks for itself.

On the same trip I picked up a Lavender Love, with dainty frilly mottled purple flowers, a Red Wow, which has the deepest maroon flowers I've ever seen, and a Wild One, whose striking symmetrically scalloped leaves are quite unlike the standard vision of the African violet. I also picked up . . . but I won't go through the whole list. Visiting a greenhouse can be very dangerous. It's so often easier to buy more than you meant to than to make a difficult choice.

One thing that is not difficult is caring for your African violets. Basically what they need most is good light. Contrary to popular belief, direct sun is good for African violets, encouraging them to bloom continuously. However, summer sun in the middle of the day is too intense for them. An east or west window is usually the best all-year location for these plants.

Rotate the pots a quarter of a turn a week, or once every two weeks when you fertilize. Otherwise you will have leaners, plants that literally tilt right out of their pots toward the light. The ideal African violet forms a rosette of leaves

Continued on page 106

The African violet problem solver

	Problem	Diagnosis	Solution		Problem	Diagnosis	Solution
	New leaves remain small, with weak, thin stems. Few, if any, flowers.	Lack of light.	Move plants to better lighted area.		Leaves dark green and rich in color, but flowers lacking.	Too much fertilizer.	Switch to a low-nitrogen fertilizer and reduce fertilization to once a month for a while.
	Brown edges on leaves. Stunted flowers.	Lack of humidity.	Get humidifier or grow plants on trays of moist pebbles.		Brown spots on leaves.	Water used in watering too cold.	Use tepid water; avoid splashing.
	Plant grows too quickly, with no flowers. Leaves seem soft or limp.	Temperature too high.	Move to an area where temperature stays between 62° at night and 80° during the day.		Plant wilts suddenly. Outer leaves droop completely.	Overwatering or irregular watering.	Keep water from collecting in crown when you sprinkle the soil, and avoid overwatering.
	Leaves curl under themselves at edges.	Temperature too low.	Move to an area where temperature stays between 62° at night and 80° during the day.		Distorted, twisted new leaves turning grayish green.	Red spider mites or cyclamen mites.	Dispose of plant if you can bear it. If not try a miticide. Mites are painfully hard to control.
	Flower buds drop off without opening.	Sudden change in temperature or strong draft.	Move plant to more protected location.		Leaves tired and yellow looking. Bumps and nodes along the roots.	Nematodes.	Soil-borne organisms are hard to get rid of. Avoid by using sterile potting soil and disposing of infected plants.
	Leaves become pale, then yellow. Flowers are increasingly smaller.	Lack of fertilizer.	Fertilize twice a month.		Soft cottony cocoons on underside of leaves or leaf stem joints.	Mealybugs.	Swab off, using cotton dipped in alcohol. Rinse carefully in tepid water. Repeat every second day for a week.

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Try Leroux Peppermint Schnapps straight up, on the rocks, or in a Schnapps Stinger—Mix 1 oz. Leroux Peppermint Schnapps, 2 oz. Leroux Deluxe Brandy. Shake with ice.

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60 proof. For free recipes, write General Wine & Spirits, Box 1645, FDR Station, N.Y., N.Y. 10022.

continued from page 104

that lies flat and covers the entire pot rim evenly.

Fertilizing is simple, but also absolutely necessary for floriferous plants. There are a number of special African violet fertilizers on the market. They all work well if used according to directions, which usually means every 2 or 3 weeks. Some people, myself included, prefer to fertilize with every watering, using a *very* dilute solution. It solves the did-I-fertilize-last-week-or-not problem. But make sure you use very little fertilizer each time. Experiment until you get good results.

The potting soil for African violets can be one of any number of fancy combinations, but most growers use one of the prepackaged sterilized soils especially blended for these plants. If you use plastic pots, the soil must be very porous, or you'll end up with too moist soil and crown rot. On the other hand, plastic pots do retain moisture longer than clay pots do, and thus help to keep the soil from drying out. My own personal preference has always been for clay pots. They not only minimize the dangers of overwatering, but, because the pots "breathe," they keep the soil in good shape and promote root growth. Whichever type you use, keep the pot small in proportion to the plant. Things will grow better.

Probably the biggest controversy surrounding African violets is the top watering versus the bottom watering debate. Both schools agree that the water should be at room temperature or slightly warmer. But how to apply it? Watering from the bottom, that is, filling the pot's saucer and letting the soil wick up the moisture, prevents any chance of water collecting in the plant's crown and inducing rot. On the other hand, it means salts will collect in the soil, so once a month you will have to water from the top in any case, to wash them out. The choice is up to you. And, frankly, it really doesn't make that much difference. With just a little care it's almost impossible to fail. African violets simply grow on you.

The home-grown sun

The real boom in African violet enthusiasm followed World War II, hard on the heels of a technological breakthrough in indoor lighting, namely, the fluorescent tube.. Although this energy-efficient fixture never made it past the kitchen and is rarely seen in the rest of the house today, fluorescent light had an overpowering impact on office and factory environments—and on African violets.

Incandescent bulbs, for the most part, do not offer strong enough light in the red and blue parts of the spectrum for African violets. And used by themselves, they generate too much heat for the tender young leaves. Because of the heating factor, however, some growers like to use an incandescent bulb or two in addition to fluorescent light, although the incandescents are not necessary.

What is necessary is a pair of fluorescent tubes. A single tube really doesn't throw off enough light. Furthermore, the least amount of light is generated by the couple of inches at the ends of the tubes, so the longer the tubes, the more efficient they are. The 4-foot models provide a good balance between efficiency and unmanageability. Most people use two or four of these 40-watt tubes in a parallel reflector. Left on for 10 to 12 hours a day, the bulbs will produce excellent plants at a fraction of the energy cost of a color TV.

The type of fluorescent tube to use is open to debate. I have used the specially balanced grow lights such as Duro-Lite's Vita-Lite with great success. The purple-colored grow lights I find visually unacceptable for anything but the most purple of plants. Some growers feel that by combining natural-white and daylight-type fluorescent lighting they achieve good results for lower costs.

All your plants should be grown with their leaves 10 to 14 inches below the tubes. One tip: The darker foliaged African violets need more light than the variegated or light green varieties, so grow them toward the center of the fixtures, the others toward the ends.

Special African violet sources

The sources of African violets are legion. However, if you want to step beyond the standard purple and pink, you'll probably have to order from specialists such as the following:

Buell's Greenhouses, Box 218A, Eastford, Conn. 06242. Catalogue, 25¢. Include stamped, self-addressed business-size envelope.

Fischer Greenhouses, Oak Ave., Linwood, N.J. 08221. Catalogue, 50¢.

Volkmann Bros. Greenhouses, 2714 Minert St., Dallas, Tex. 75219. Free catalogue. Include a stamped, self-addressed business-size envelope with 20¢ additional postage for extra weight.

Klinkel's African Violets, 1553 Harding Street, Enumclaw, Wash. 98022. Descriptive list 50¢; miniatures list, 50¢.

Lyndon Lyon, 14 Mutchler Street, Dolgeville, N.Y. 13329. Also specializes in miniature roses. Catalogue free.

Tinari Greenhouses, 2325 Valley Road, Huntingdon Valley, Pa. 19006. Color catalogue, 25¢.

For lights and light fixtures: *Shoplite*, 97 Carlton Ave., East Rutherford, N.J. 07073. Catalogue and How-To-Do-It booklet, 75¢. ■

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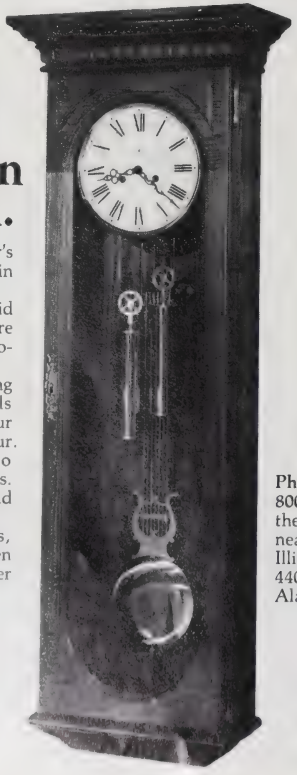
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Tangy Chicken. Another very simple, very special recipe idea from Heinz 57 Sauce—the steak sauce you can cook with.

Tangy Chicken.

2-2½ lbs. broiler-fryer pieces
2 tablespoons butter or margarine
½ cup Heinz 57 Sauce
½ cup water

Brown chicken in skillet in butter. Combine Heinz 57 Sauce and water; pour over chicken. Cover; simmer 30-40 minutes or until chicken is tender, basting occasionally. Remove cover last 10 minutes of cooking. Skim excess fat from sauce before serving. Spoon sauce over chicken. Makes 4 servings (about ¾ cup sauce).

For more free 57 Sauce recipes, write Heinz 57 Sauce, P.O. Box 28, DP-3, Pittsburgh, Pa. 15230.

Heinz

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Sun Valley, Idaho

Sun Valley, one of the West's most remote and attractive ski resorts, now has an extensive summer program for the entire family. The resort village is 300 miles north of Salt Lake City, Utah, 150 miles east of Boise, Idaho, and 1 mile outside of Ketchum—Hemingway's favorite western town. You can drive to Sun Valley from Boise (about 2 hours) or fly Boise-Hailey (12 miles from Sun Valley).

Special events: Western Art Auction, July 6-7. Arts and Crafts Festival, Aug. 3-5. Danny Thompson Memorial Golf Tournament, Aug. 18 and 19.

Golf and tennis: 46 tennis courts, two 18-hole golf courses. Also, 3 racquetball courts in Ketchum.

Skating: The outdoor Olympic-size rink is open to everyone, while the indoor rink is used for one of the best training camps. Ice shows with championship skaters every Saturday night.

Water sports: Take a float trip down the Salmon River, or fish in streams. There are 2 heated swimming pools, a third Olympic size. Sailboats, canoes, kayaks can be rented on Sun Valley Lake.

Field sports: Volleyball, softball, archery, trap and skeet shooting.

Outings: Take a hayride to Trail Creek cabin, 25 minutes away, or ride at Horseman Center, which also arranges trail rides. For hikers, overnight backpacking or day trips on Mt. Baldy and the nearby Sawtooth Mountains. (The Snug, a sporting-goods store in Sun Valley, organizes trips.) Mountain-climbing lessons also possible. From Hailey airport, take a helicopter ride, soar in a glider (Condor Sky Sailing), or sky dive. Or, rent a car and drive either to the hot sulphur springs at Claredon Ranch or to Stanley, a cowboy town (pop. 80).

Art, theatre, courses: The Sun Valley Center for the Arts and Humanities offers classes in photography, ceramics, graphics, and other fine arts by the week or for the entire summer. Movies at the Opera House and Magic Lantern nightly; also check for performances at the Laughing Stock Theater.

For children: Playschool, for children 2-6, offers cookouts, swimming, skating, hikes, more. For children 7-11: skin diving lessons, boating, tennis, archery. For 12-18 the program adds rock climbing, riding, fly casting, golf.

Where to stay: The Sun Valley Lodge, The Sun Valley Inn, Elkhorn Village Inn, and condominiums.

Write: Sun Valley Company, Sun Valley, Idaho 83353 or call toll-free (800) 635-8261. ■



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Up north, PPG Twindow® insulating glass uses two sealed panes to bring breathtaking winter scenes indoors while you breathe in comfort. Since it reduces heat loss through the glass more than 40 percent, it obviously saves energy. It cuts messy condensation. And if you want to save even more, add storm windows for triple glazing.

Let PPG glass become part of your energy-saving system. Ask your builder or architect. Either one will be glad to help you. PPG Industries, Inc., Dept. HG-169, One Gateway Center, Pittsburgh, Pa. 15222.

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Cream Cheese Brownies*

Share a cup of Maxwell House® Coffee and this brownie recipe with your good friend.

- 1 package (4 oz.) BAKER'S® GERMAN'S® Sweet Chocolate
- 5 tablespoons butter or margarine
- 1 package (3 oz.) cream cheese, softened
- 1 cup sugar
- 3 eggs
- 1 tablespoon all-purpose flour
- 1½ teaspoons vanilla
- ½ teaspoon CALUMET® Baking Powder
- ¼ teaspoon salt
- ½ cup all-purpose flour
- ½ cup coarsely chopped nuts

Melt chocolate and 3 tablespoons of the butter in a small saucepan over very low heat, stirring constantly. Cool. Blend remaining butter with cheese until softened. Gradually add ¼ cup of the sugar, beating well. Blend in 1 egg, 1 tablespoon flour and ½ teaspoon vanilla. Set aside.

Beat remaining 2 eggs until thick and light in color. Gradually add remaining ¾ cup sugar, beating until thickened. Add baking powder, salt and ½ cup flour. Blend in cooled chocolate mixture, nuts and 1 teaspoon vanilla. Spread about half of the chocolate batter in greased 8- or 9-inch square pan. Add cheese mixture, spreading evenly. Top with tablespoonfuls of remaining chocolate batter. Zigzag a spatula through batter to marble. Bake at 350° for 35 to 40 minutes, or until top springs back when lightly pressed in center. Cool. Cut into bars or squares. Makes 16 to 20.

*For more "Coffee Break" recipes, send your name and address to: Coffee Break Recipe Offer, P.O. Box 3064, Kankakee, Ill. 60901

CLIP AND SAVE

At the zoo, Boston's old-new markets, Concorde update, summer specials

Safari thrills without going to Africa

BY PATRICIA S. FALZARANO

It was a warm summer day, the sun climbed high in the sky. There were more than 200 wild animals roaming the 38 acres that lay before us—elephants, tigers, rhinos, antelope, wild cattle, mountain goats, deer, and birds. Eight of us climbed into our car relishing the cool shade it provided. It was our job to find the animals, so with the help of our driver-guide we kept a careful eye on everything that moved. Around the first turn, there they were—a small herd of Reeves' Muntjac deer



grazing in the bush. They called out to one another announcing our arrival, but let us slip by without stirring. Moving on, the barking of the Muntjac was drowned out by a deep growl—two Siberian tiger cubs were alternately wading in a pond and teasing their mother to join them. Our car crept silently by without interrupting mama tiger's "cat" nap. Next, a huge rhinoceros trotted right past ignoring us for two other rhinos. He tried to coax them to play, but not being in a playful mood, one retreated while the other dived into a small mud puddle and all but disappeared. It would have been difficult to miss the elephants we came upon next, they weighed thousands of pounds each. They plunged right into the 50-foot-round pool. One young elephant rolled over on his back, water covering all but his trunk and four kicking legs. The others were simultaneously showering one another with their built-in shower heads.

We watched all this in wonder—it was hard to believe that this was going on daily from May to October at the Wild Asia exhibit at the Bronx Zoo in New York. This very special exhibit is just one of the very un-zoo-like things zoos are doing in this country. Many animals are moving out of cages with iron bars into enclosed environments that simulate their natural habitats. Clever landscaping with stone fences, moats, multilevels and air currents—depending on the occupant—gives the impression of closeness and enables the animals to act as they would in their natural habitats. The new zoo philosophy tries to bring the public closer to the way animals live in the wild. Zoo curators hope it will stress the importance of animal conservation to visitors. Breeding programs, a vital part of today's zoo curriculum, are also benefiting from cageless environments. Zookeepers take great pains preparing ideal conditions to encourage the propagation of endangered species. One day the offspring will be released to form natural herds and homes in the wild.

There are several other zoos across the country doing some exciting things. Among them are:

Minnesota Zoological Garden, our country's newest zoo, which was designed without a single iron barred cage. The zoo is open year-round and visitors can view most exhibits in the 480-acre park from indoors during cold weather. The Tropics is a 1½-acre indoor exhibit in which to explore the Southeast Asian jungles. Follow the concrete path ¼ mile up and around the worlds of 80 different animal species and 400 plant species. Animals living outdoors in the Northern Trek exhibit through the win-

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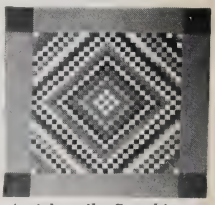
NEWS

Finding treasure for your house in Pennsylvania

Collectors have combed Lancaster, Bucks, and Chester counties for years. By word of mouth, with a few leads from antiques publications, and by constant exploration, they have come to know the best dealers, shops, museums, restaurants. The lure: Pennsylvania Dutch pottery, quilts, weathervanes, blanket chests, farm implements, samplers, illustrated birth certificates, crewel bedspreads, and much more both old and new. Half the fun has always been in the treasure-hunting and here are some clues.

National magazines as well as regional ones, run ads from reputable dealers. Try *Antique Collecting,* $12, one year, Box 327, Ephrata, Pa. 17522. Or, the *Clarion,* the quarterly magazine of the Museum of American Folk Art, 49 West 53d St., New York, N.Y. 10019—join the museum for $20 a year and receive the magazine.

Here are some of the dealers who are well-known to collectors. *Willow Dale Antiques* (Peg Wallace), Kennett Square, Chester County, specializes in Mennonite and early pieced quilts, early wrought iron, painted blanket chests from Berks County, old fittings for fireplace cookery, early Pennsylvania and Delaware silver. Also Chester County: *Kenneth Lindsay Antiques,* Chadds Ford, Rte. 202. Bucks County; *Jean Clemmer,* Hickory Tree Farm, Lederach; *Old Hope Antiques,* Rte. 202, New Hope. In Lancaster County: *Charles A. Miller,* Harmon Station Road, Lancaster.



Amish quilt, Sunshine and Shadow, c. 1870 Lancaster County, Pa.

Regional museums give instant background as you go. In Lancaster, The Amish Farm and House Museum and the Pennsylvania Farm Museum of Landis Valley, also the Lancaster County Historical Society. In Doylestown, Bucks County, the Mercer Museum; in

Continued on page 195

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GOING PLACES

continued from preceding page

ter months are specially chosen for their adaptability to the cold—moose, Mongolian wild horses, Bactrian camels, Siberian tigers, and more. Visitors hop aboard the temperature-controlled monorail for an elevated eyeview anytime of year. In warm weather, set out by foot to explore the many protected walkways througout the park. Minnesota Zoological Garden, Apple Valley, Minn. 9 A.M.-7 P.M., May-September. 9 A.M.-5 P.M., October-April.

National Zoological Park in Washington, D.C. is renovating the old and building new environments for its animal residents. Look down onto the Lion and Tiger House from the path encircling it above. The cats have a lovely terraced and planted outdoor terrain with indoor facilities under the built-up terraces. Giraffes and elephants occupy a pie-shaped yard with individual housing in the center. The pieces form a large, round exhibit surrounded by a moat. The outdoor aviary is a 90-foot-high netlike dome. Follow the path for humans as it winds up and around the many levels housing birds of 30 different species, and a few local birds who have opted for zoo life. All the birds in the outdoor exhibit are adaptable to the northeast climate. An indoor exhibit houses the tropical birds. Beaver Valley, on the Polar Bear Trail, is brand new. It offers a look at the above and below water life of 8 species of aquatic mammals. And don't forget the giant pandas. Walkways throughout the zoo are colored with large animal footprints denoting the kinds of animals you'll find on the trail. Graphics make it easy to plan a tour without retracing steps. National Zoological Park, Washington, D.C. Summer hours: 9 A.M.-6:30 P.M., April through September.

San Diego Zoo, a forerunner in the new zoo philosophy, is 62 years old. In 1972, the San Diego Wild Animal Park, situated 30 miles north of the main zoo, opened the gates to its 1,800 acres. The Park includes the best of the new natural environments for animals. A 50-minute monorail ride encompasses the wildlife preserve, the driver-guide will point out and discuss many of the 3,200 inhabitants. Also look for the famous botanical gardens both at the Zoo and the Park. The gardens actually provide food for some of the animals. The Children's Zoo is undergoing remodeling to make room for an active group of otters—see them from above, below, and the sidelines. Hours: 8:30 A.M.-7 P.M. July-September.

More zoos that bring you closer to wild animals through design:
Arizona Sonora Desert Museum, Route 9, Tucson, Ariz. 85704.
Brookfield Zoo *(Chicago Zoological Park),* Brookfield, Ill. 60513.
Cleveland Metropark Zoo, Brookside Park, Cleveland, Ohio 44109.
Detroit Zoological Park, 8450 West Ten Mile Road, Royal Oak, Mich. 48068.
St. Louis Zoo, Forest Park, St. Louis, Mo. 63110.

Zoo-fun for you and your family this summer

Zoos are busier than usual in the spring and summer. Aside from moving animals to their warm weather homes, they begin their summer programs for humans—zoo camps for 1 to 5 days, special lectures, classes, and tours. Some interesting programs to investigate for week days and weekends:

The Bronx Zoo offers a booklet describing courses and activities for adults, children, and families. Join the zoo staff early one morning for their preopening duties of waking and feeding the animals; learn about animal law and order; zoo photography. The Animal Kingdom Zoo Camp, a special 5-day adventure for children at the zoo, invites campers to an overnight stay at the zoo on the last day. Teen-agers can join a month-long summer internship on animal care. Write the New York Zoological Society, The Bronx Zoo, Bronx, N.Y. 10460, attention: Education Department.

The Brookfield Zoo (Chicago Zoological Park) is planning to celebrate several birthdays this summer. Mary, the black rhinoceros, is the oldest living rhino in captivity. A party to honor her 46 years takes place on August 31. The small primates will celebrate their birthdays, too. Check the date with the Brookfield Zoo, Brookfield, Ill. 60513.

The St. Louis Zoo conducts a series of classes for all ages. A few are: animal care at home; wild life conservation; animal crafts; photography workshop; Let's Go To The Zoo, which is a special tour for children with balloons and a ride. Some classes offer a behind-the-scenes look at the animals and zoo management. For more information, write the St. Louis Zoo, Forest Park, St. Louis, Mo. 63110.

San Diego Zoo has a 5-day zoo summer school for young people. This summer, the Wild Animal Park's gates are open from 9 A.M. to 9 P.M., but you can stay until 11 P.M. Catch up on old animal-related movies such as *The African Queen* at the outside amphitheatre. Board the last monorail ride, which leaves at 10 P.M. and returns 50 minutes later. Near silence is kept on the monorail. A special orange-glow light on the train illuminates the fields and animals without disturbing them. Hear the growl of the tiger, catch the reflection in his eye, observe the herding behavior of animals at night. For a copy of scheduled events write: San Diego Zoo, Public Relations Dept., Brochure Request, P.O. Box 551, San Diego, Calif. 92112.

Or call your local zoo for its special activities this summer. ■

Bacardi Piña Coladas. Bacardi Daiquiris. Ooohs and ahhhs!



Oooh! Frosty, frothy Piña Colada. Simply shake or blend 1 oz. cream of coconut and 2 oz. unsweetened pineapple juice (or use prepared mix), with 1½ oz. Bacardi dark rum and crushed ice. Serve tall with ice and a pineapple spear.



Ahhh! Simply sublime Daiquiri. Just shake or blend juice of half a lime or lemon and ½ tsp. sugar (or use prepared mix), with 1½ oz. Bacardi light rum and crushed ice. Strain and serve in a cocktail glass or on the rocks.

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continued from page 112

Skylark for a day in Boston's marketplace

BY DEE HARDIE

You *can* turn a sow's ear into a silk purse! Look at Faneuil Hall Marketplace in Boston, one of the classiest transformations around. Wildly successful, the three buildings in the complex, Quincy Market, South Market, and North Market, all over 150 years old, have been restored to make a new sort of downtown center with a million visitors a month.

For many, Faneuil Hall Marketplace is a market, a corner grocery, but to visitors it's more like a day at the fair or a night on the town. Mayor Kevin White often has his early-morning coffee at Marion's; proper Bostonians, vested and pin-striped, discuss business over lunch at Seaside. Just as many improper Bostonians—the young—break bread purchased from Au Bon Pain, as they sit on benches in the cobblestone mall and watch the world (plus wandering mimes, jugglers, and a score of pushcarts selling anything from hammocks to puppets) go by. There are 150 shops and restaurants, a flower market open 24 hours a day, 365 days of the year. Downtown Boston has a heart again.

Only a 12-minute ride from Logan Airport, the marketplace covers 6½ acres and is an exuberant pedestrian precinct. Even the streets between the markets are closed to cars. Quincy Market, the central hall, is a bazaar of foods sold in restaurants, cafés, bakeries. North and South Markets have restaurants, too, as well as a wide assortment of retail shops, and on the upper floors, modern offices.

In 1742, a Peter Faneuil built the original Faneuil Hall alongside the Town Dock. Food stalls operated on the first floor, and overhead was a meeting hall for the town.

What a fire almost extinguished in 1761, patriotism rekindled. The meeting hall was Hancock and Adams's arena for cries of liberty. The Stamp Act was denounced from its rostrum, the Tea Party begun.

By the early 1800s, Mayor Joshua Quincy commissioned architect Alexander Parris to design a new marketplace as an extension. Wharves were torn down, the Town Dock filled in. Since the project was initiated by the city government using reclaimed land, it is often referred to as America's first example of urban renewal.

The three new markets built of granite in the Greek-Revival style were finished in 1826 on landfill reaching out into Boston Harbor. The centerpiece, Quincy Market, named after the mayor, was the most elaborate with Doric columns and a Pantheon-like dome. The two side markets, South and North, were simpler. Used until 1960 as wholesale food markets, the buildings stood vacant for a decade, and once were slated for destruction. Today these markets are on the National Register of Historic Places, and have been called the finest architectural composition of that period surviving in the United States.

Not knowing quite what to do with the market area, but convinced it should not vanish, the Boston Redevelopment Authority began acquiring the market buildings in 1963. By 1966 there were already plans for restoration and revitalization, the work of Benjamin Thompson, an architect and entrepreneur, founder of Design Research. Later The Rouse Company, creators of the new town of Columbia, Md., became the project developers.

"We went in where other developers with any sense feared to tread," says James W. Rouse, chairman of the board and chief executive officer of the company. "Retailing was bleeding away to the suburbs. The market buildings were deplorable, ravaged in every possible way. Ben Thompson came to us and after we looked and listened, we knew that if anything new was to happen in

Continued on page 116



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All year long, the Scrubbing Bubbles in Dow Bathroom Cleaner work hard so you don't have to. Cleaning and shining your bathroom without ever scratching or leaving any grit.

So this summer, show your appreciation. Take a Bubble to the beach.

Follow the instructions in the coupon to get your name on a Scrubbing Bubble Beach Towel (Comparative Retail Value: $14.95).

It's a real bathing beauty.



Send $6.95 (check or money order) and a triangular piece snipped from the green plastic cap of a 17 oz. can of Dow Bathroom Cleaner as proof of purchase to:

BEACH TOWEL OFFER
ONE INDUSTRIAL DRIVE
P. O. BOX 5577H
MAPLE PLAIN, MN. 55348

Please Print:

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(maximum 13 spaces)

Allow 8 weeks for shipment. Offer good only in Continental USA. Void where prohibited by law. Expires Dec. 31, 1979.

Sapphire Valley



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Nature calls it home. High in the cool, beautiful Blue Ridge Mountains.

Stay in the 1896 Fairfield Inn or luxury villas. Enjoy excellent cuisine and service. And really enjoy yourself.

On Sapphire Valley's championship golf course, watch nature come into play on every hole. Hall of Famer Louise Suggs is our golf director. Play tennis on one of twelve new courts. There's fishing, boating, canoeing, and swimming. And we have organized activities for all ages.

Just 60 miles SW of Asheville, Sapphire is convenient to the Asheville jetport.

Ask about our golf schools, featuring the Hebert brothers, and special tennis clinics with Don Budge. Call or write John C. P. Hughes for info and reservations. Star Rt. 70, Box 80, Sapphire, NC 28774, (704) 743-3441.



Explore the wondrous Sea Island summer.

Search the unspoiled beach at sunrise. Breakfast beside the surf. Soak the sun around the beach club pools. Try some golf, tennis, riding, skeet, biking. Then dress for a gracious Cloister dinner and dancing. Or choose a plantation supper or seafoods in sight and sound of the ocean. For the younger set, special fun. Cloister Hotel, Sea Island, Ga. 31561. Call toll-free out-state 800-841-3223 or (all Georgia) 912-638-3611.

Sea Island

GOING PLACES

continued from page 114

a center of a city this should be it."

The first year the marketplace had a gross sale exceeding $22 million, and still averages over $300 per square foot, almost three times the national shopping center average.

What to Buy

Quincy Market: *The Coffee Connection* offers coffee from all over the world. The day we were there the special blend was Colombian Supremo-French. *The Salty Dog*—for carry-home scallops, scrod; *United Provisions Company*—fruits, vegetables; *M. Berenson & Co.*—its own farm-grown geese; *Great American Lobster Co.*—lobsters at the counter or to go; *Aegean Fare*—Greek salads and all the sweets of Greece: *Baby Watson Cheesecake* for cheesecake and Syrian bread rolled into sandwiches to eat as you walk. *Jennetta's* offers homemade gnocci and cavatelli, *The Juicerie* sells milkshake-thick blends of puréed fruit. And in the center ring—a rotunda for sitting, eating, watching people. Or for white linen luxury, *Lilly's Restaurant* serves a pear and prosciutto salad at lunch. *The Proud Popover* makes a succulent pudding, and the *Magic Pan*, a myriad of crêpes.

South Market: *Artisans Cooperative* for quilts; *Have-a-Heart* palpitating with hearts on everything; *Crabtree & Evelyn's* for wild raspberry honey, broad-striped napkins from *Crate & Barrel, Operculum* for shells, posters at *Graphiks,* teddy bears, china bears, bears in dinner jackets from *Bear Necessities.* For lunch *Seaside and Café Cybele.* Or if you want to start from the beginning again, you could have a codfish breakfast at *Crickets Resaturant.*

North Market: *Fiorucci* for clothes, the *Bill Rodgers Running Center* run by Bill Rodgers, *Kreeger & Sons* for outdoor clothes and equipment, also *Goods Department Store*—an old-fashioned, small-scale department store with another branch in Cambridge. And shops for children—the *White Rabbit & Co.*, a bookstore for the young with shelves at their level; *The Kite Site; Sweet Stuff* for a chocolate pizza; *The Name of the Game* for games. And the unusual—*Pavo Real*, a shop for life-size papier-mâché fantasy animals. Food here ranges from the *Chowder House* at the Landmark Inn to *Lord Bunbury*, the pub's interior imported from London.

Hours: Shopping, Monday through Saturday 10 A.M.-9 P.M., Sunday noon-6 P.M. Dining seven days until 2 A.M.

How to get there: By automobile, John Fitzgerald Kennedy Expressway. Heading south, take Dock Square exit; heading north take Government Center exit. By subway: Green or Orange lines to either Government Center or Haymarket Station. Blue line to Government Center or Aquarium Stations. American Airlines flies non-stop from New York, Chicago, Los Angeles, Washington, D.C., St. Louis, Cleveland, Dallas/Ft. Worth, Detroit, Baltimore, and Bermuda. ■

The sports car of jetcraft: Air France's Concorde

After 18 months of daily service to Paris from New York, Air France's Concorde service seems to have won itself a place in the lives of enough Americans that the sleek supersonic aircraft rarely take off with an empty seat. (Washington, D.C. has had the A.F. Concorde since May, 1976 and Dallas since January, 1979.) But if you've never taken the Concorde and want not only the experience but also the conveniences and benefits of supersonic travel, Air France recommends the less hectic summer season when many of the Concorde's regular business travelers are on vacation. Late last summer, House & Garden's Editor-in-Chief, Mary Jane Pool, did just this, making her first round trip. Here's her report:

"The flight from New York goes at 1 P.M.—a day flight, which is such a restful way to get to Europe. The 1 o'clock departure allows for a leisurely breakfast and time to do last-minute packing. At the airport everything is streamlined for the check-in and boarding from a special Concorde lounge. The plane is boarded a few people at a time, starting with those sitting in the back of the plane.

"The Concorde cabin is arranged with two seats to each side of a narrow aisle. It's almost like a sports car: the jumbo jets now seem like big sedans. We take off sports-car fast, bank to the left to avoid noise over populated areas, maneuver up above the weather, out over the water, flying faster and higher—everything smooth and quiet except for the constant wooshing sound of the engines. The sign in the front of the cabin shows our speed: Mach 2, twice the speed of sound, 1,350 m.p.h. We felt no jolt—nothing—as we reached first Mach 1 and then Mach 2. At 60,000 feet, I think I can see, through the bright haze outside my window, the curvature of the earth. The captain who has been narrating our progress tells us our cabin is pressurized at 5,500 feet above sea level. Subsonic aircraft are pressurized at 7,500 feet.

"Lunch is French and delicious. Pastel napkins, attractive glassware, sleek stainless steel, and handsome china containers for the various dishes make a very appealing tray. You're only on board long enough to have one meal—and it's

Continued on page 119

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Get More satisfaction.



More offers you an extra measure of satisfaction.

Because More's got the great taste you want in a cigarette. Taste that satisfies. Taste that makes More a truly enjoyable smoking experience.

And you get extra satisfaction from More's 120 mm length which lets you enjoy all that great taste even longer.

More also has the style that could only come from a long, slim, brown cigarette.

Once you get More satisfaction, you'll never accept anything less.

More. For that extra measure of satisfaction.



Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

23 mg. "tar", 1.7 mg. nicotine av. per cigarette, FTC Report MAY '78.



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"Dubonnet"

In 1846, the French created Dubonnet. For the way they drank then.
And there's Dubonnet today. For the way America drinks now—light and easy.
"Parlez-vous Dubonnet?"

DUBONNET APERITIF WINE. PRODUCT OF U.S.A. © 1979 DUBONNET CO., N.Y., N.Y.

GOING PLACES

ontinued from page 116

good one. The menu that day: fresh oie gras (some flights have caviar), an vocado stuffed with shellfish, grilled ournedos, sautéed crêpes, little roasted otatoes, pastry with cherries. The ser-ce is very thoughtful and efficient by n experienced cabin crew. The men ear almost-naval uniforms, the women riped silk dresses. There's time to doze fter lunch, to read magazines and news-apers, which the cabin attendants pass ut in abundance, or to write letters on andsome Concorde writing paper in in-ividual shiny brown writing folios. An-ther thoughtful touch: a little mirror in the seatback in front of you, for makeup before landing.

"We begin our descent to Charles de Gaulle after just over 3 hours in the air and land at 10:45 P.M. local time. We deplane, I look back and really *see* the Concorde for the first time—the beak-like nose, the slimness of the length, the fanshape of the wings. This is a power-ful sight, almost reason enough to take the trip. Once in the baggage claim area, I pick up a baggage cart and speed to a taxi. Was at my hotel and in bed by 1 A.M. The whole trip from JFK to my bed in Paris was 6 hours, plus a 6-hour time change.

"Coming home, it's important to con-

Continued on page 195

Booklets to help you plan your trip

o plan better vacations, here are some ooklets that give you information about here to go and how to get there. Just ll out the coupon below and return it.

Boston, one of America's oldest cities, ontains many American firsts: the first ublic park, university, post office, pub-c library. More in **Massachusetts Facts.**

Greater Boston Dining and Shop-ing: From the Top of the Hub to down-own Boston, a complete guide to over 5 restaurants and shopping areas.

Greater Boston: Accommodations sts 49 hotels, motels, and inns in down-own and suburban Boston. Included is street map with historic sites, museums, ublic buildings, hotels.

The Official Transportation Map of Massachusetts covers the entire state, ith a detailed map of the Boston area. lso: a guide to recreational activities, ecial points of interest, general infor-ation on driving in Massachusetts.

The Australian Travel Service and antas Airways' **Thorn Birds Country our**—a 17-day trip through Australia at includes a day-trip to a small island ear the Great Barrier Reef.

Australia Holiday Guide has practi-al information for all visitors: special ir fares, how to get there by boat, rail-ay schedules, adventure tours, hotels, motels, hostels, and where to obtain ad-ditional information.

7. Air Canada's **Yes, Canada! '79 Tours** lists fly/drive tours, city tours, fishing vacations, and more. Take advantage of the "Canadapass" and get a car with un-limited mileage plus guaranteed rooms without reservations in 68 cities across Canada.

8. The Spa at **Palm-Aire**, Pompano Beach, Fla., has extensive indoor spa fac lities, plus outdoor activities like ten-nis, golf, swimming, boating.

9. Myrtle Beach and South Carolina's Grand Strand: Play golf or tennis, fish, or swim from 50 miles of beach.

10. Passport: Royal Caribbean's Guide to Ports of Call and Shore Tours de-scribes tours you can take when you go ashore from one of its cruise ships. Choose among 13 cities in 11 countries.

11. Velkommen: A Guide to Cruis ng with Royal Caribbean gives a detailed description of life on board a cruise ship. Special evenings include: Passenger Tal-ent Night, Masquerade Night, Pirates Night. During the day you can swim in the pool, look in on a White Elephant auction on board, or go to the hair-dresser.

12. Elbow Beach Hotel, Bermuda, cov-ers 24 acres with gardens, tennis, golf, an Olympic-size pool—and a wide stretch of beach on the ocean.

13. Bermuda—There Is No Doubt About It is a booklet with questions and answers about everything from where to eat to what to see at the Aquarium.

Circle the number of each booklet you want. Add $1 for postage and handling. Do not send stamps. Allow up to 4 weeks for delivery. Mail to HOUSE & GARDEN, Dept. 6A, Box 3579, Grand Central Station, New York, N.Y. 10017.

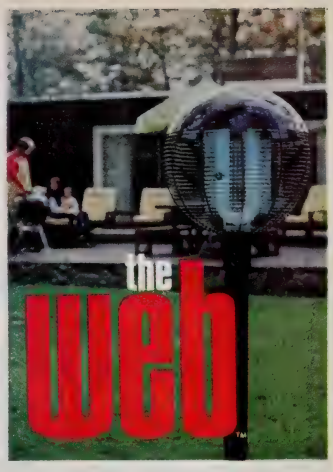
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City_____ State_____ Zip #_____

Offer expires 9/15/79



Kills flying bugs all season long

Finally you can enjoy your own backyard. The Web electric bug killer from Weber wipes out the pests that drove you indoors last summer!

It's clean

No chemical pesticides. No poisons. No fogging.

It's safe

Won't harm children, pets, birds, pollinating insects...or the environment.

It's from weber

The Web is built with rugged Weber reliability...and who knows more about working the bugs out of the backyard entertaining?

the web
electric bug killer
new from weber

Ask for The Web wherever Weber® barbeque kettles are sold.



If it's worth your time, it's worth True Temper.



A103 ROCKET® LOPPER

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HOUSE CRAFT

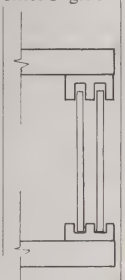
BY DEANNE RAFFEL

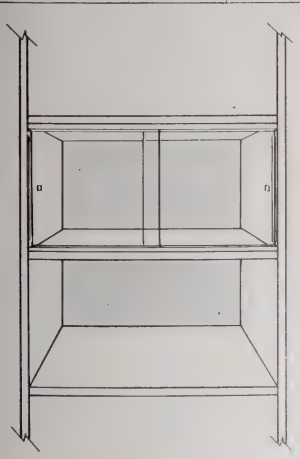
How to make cabinets out of bookcases, rescue things from drains, finish butcherblock, and cure squeaky hinges

Q. A collection of china miniatures is a magnet for dust on an open bookcase. Is there a way to enclose the shelf?

A. Installing sliding glass doors on a bookcase shelf is an easy way to convert it to a display cabinet. Top and bottom tracks for the doors are available at most hardware stores. For a wood bookcase, wood runners will be most attractive, since you can stain or paint them to match. They are also available in aluminum or plastic.

Purchase a track for ¼-inch doors and cut with a hacksaw to fit the exact width of the shelf. To install the bottom track (the shorter one—see diagram), run a small bead of carpenter's glue along the shelf, ½ inch in from the edge. Position the track flush with the front edge of the shelf and nail in place with ¾-inch finishing nails. Glue and nail the top track to the underside of the next shelf. You will need at least 1-inch nails, depending on the height of the track. A clamp is helpful to hold the track in place while working—a piece of cardboard slipped under each clamp jaw protects the shelf from scratches.



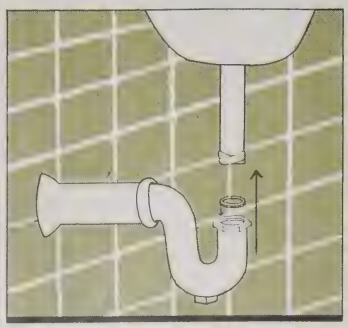


You can have the doors cut to size at a glass shop. Each one should be half the length of the shelf plus ½ inch and as tall as the distance between the two shelf tracks, plus ¼ inch. Have the glazier grind two identations for "thumbholes" on each door. Slip the doors up into the top track and then drop them into the bottom grooves. They should slide back and forth with little effort.

Q. Is it possible to retrieve something once it has fallen down the sink?

A. Maybe—if you turn the water off fast enough. Something light like a contact lens may have been washed away, but a ring may still be caught in the J-shaped trap. Larger objects like combs and toothbrushes will be snared by the J-bend and must be removed or a clog may occur.

The J-trap is fastened by large nuts to the sink drain and outlet pipe. To remove it and check for objects inside, first place a bucket on the floor beneath it to catch any drips. Then loosen the nuts with a monkey wrench, a 12-inch adjustable wrench, or a pipe wrench (but be sure to wrap cloth, heavy tape, or a piece of leather around the nut to prevent the jaws of the pipe wrench from biting into the chrome). Remove washers and the trap, and pour the water—and your lost treasure—into the bucket. To dislodge combs and larger objects still stuck in the pipe, tap the trap to loosen them or reach in and pull them out.

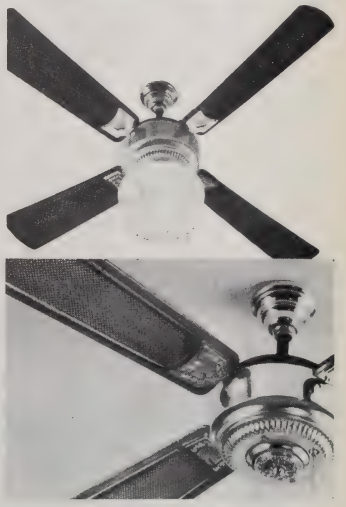


To reassemble the trap and insure a water-tight fit, wrap a layer of Teflon pipe-joint tape over the spot where the washers go on the drain tailpiece and outlet tube. Slip the nut onto J-trap, put washer into nut (you may have to replace worn washers) and hand tighten nut around trap and tailpiece. Tighten with wrench.

Continued on next page

Paddle Fans are back!

Install a NuTone Verandah Paddle Fan for comfort and beauty!



Choose from brass or enamel finishes, two motor sizes and six blade finishes. NuTone Verandah Paddle Fans install quickly, provide cooling air circulation, the most beautiful paddle fan you can buy. Optional light kit available.

Please send *FREE* information about NuTone Verandah Paddle Fans.

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Dept. HG-6, 5014, P.O. Box 1580
Cincinnati, Ohio 45201

Form 5017 Printed in U.S.A.

continued from preceding page

Q. How should I finish butcherblock kitchen counters and care for them properly?

A. If the wood is to be used strictly as a work surface and not for cutting, all the treatment it will need is a periodic coating of boiled (not raw) linseed oil. Cover the block with oil, let penetrate for 10 minutes (no longer), and wipe off with soft absorbent cloth. You may need a second cloth to soak up all the oil. When scratches appear, just sand with fine grain paper, working with, not against, the wood grain, and reoil the area.

You can also seal butcherblock with varnish or polyurethane. These, however, will give the wood an unnatural shine, rather than take advantage of its own luster as linseed oil will. These treatments also cannot be repaired if scratched.

If you're planning to use all or part of your counter as a cutting board, you should treat it with mineral oil instead of linseed. Mineral oil is edible, transparent, odorless, and will not become rancid. Cover the wood with oil, let it soak and wipe off as before. To maintain the wood and remove grease and accumulated dirt, scrub down with steel wool and detergent. Sanitize by covering with chlorine bleach and letting it soak in for several minutes. Wipe, rinse with clear water, and wipe again. After the wood is thoroughly dry, you may want to sand down some of the knife scratches. Refinish with mineral oil. This treatment should be repeated whenever the board starts to discolor.

Butcherblock treated with linseed oil can also be scrubbed down, bleached, and reoiled to clean it and give the wood new luster. With either oiled surface, wipe after each use with a squeezed damp rag. Follow by wiping with a dry cloth.

Q. Is there any way to stop hinges from squeaking permanently?

A. A hinge can be lubricated to silence it, but sometimes a squeak is a sign of excess strain on the hinge pin. Check to see that all the screws fastening the hinge to the door and door frame are secure; they may have pulled out of the wood. If they have, remove them. Fill the holes with plastic wood filler, let dry, and drill pilot holes in the same spot (hardened plastic wood filler is actually stronger than wood). Reinsert the screws and tighten securely.

Penetrating lubricants, sold at hardware stores for use on metal parts, work wonders on noisy hinges. They come in aerosol cans with a narrow, 6-inch long tube that attaches to the spray opening and allows for very precise aim. Close the door, hold a cloth under the hinge, and spray lubricant in the joints. Wipe off excess. Open door and spray seams on the inside of the hinges.

An alternate cure that makes use of ingredients on hand is to coat the hinge pin with petroleum jelly. Use a screwdriver and a hammer to coax one hinge pin out. Cover it with jelly and reinsert. Repeat for each hinge, then open and close door to work jelly well into joints for quiet entrances and exits.

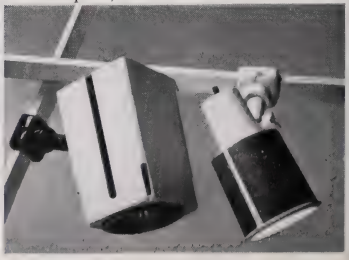
Closet sauna



Here's the Solo Sauna Door for use in small space. A prefab unit, it can turn an unused closet into a sauna (minimum space 31½ inches wide, 34½ deep, 77 high). Complete with heater, light, vent, window, and controls (timer, thermostat, light switch), the redwood door is 78 inches high, 24 wide, 1¼ thick. Hung left or right, it connects to 120V household current. By adding redwood paneling and insulation to existing closet walls and installing a bench, the closet becomes a sauna. No special plumbing, water faucet, or floor drain is needed. Solo Sauna Door, $710 in redwood. Viking Sauna Co., 909 Park Ave., P. O. Box 6298, San Jose, Calif. 95150.

Mini track lights

A new track lighting system for ceiling or wall has white tracks only ⅜ inch deep, almost unnoticeable on white surfaces. Mounting brackets are concealed by track, lights snap onto narrow slots on sides of track. The lights are movable, can rotate or swivel, and have on-off switches. In 2- or 4-foot lengths, the tracks plug into each other, have flexible corner connectors. Adhesive decorating tape for tracks can match surfaces other than white. Lights come in cylindrical shapes and tapered squares only 6 to 6½ inches high, in various finishes. Starter kit (2 lights, 4 feet of track), $69. Progress Lighting, P. O. Box 12701, Philadelphia, Pa. 19134.





Gibson



You should be a Gibson Girl.

Once you see Gibson refrigerators, you'll know why.



Who are the Gibson Girls? The thousands of smart women who look to Gibson for the finest in home appliances. Like this Gibson refrigerator that's packed with all the innovative features you'd expect from Gibson.

Special features like Gibson's exclusive Silver Lining insulation that allows thinner walls and more room while giving you top energy efficiency; fully adjustable cantilever shelves; a patented Frost*Clear™ system; an adjustable temperature meat locker; optional automatic ice maker; even durable rollers that make cleaning behind your Gibson a breeze.

Gibson Girls also love the look and style of Gibson refrigerators in their beautiful Nature Shades, with picture frame door trim.

So when you're out looking for a new refrigerator, take a good look at our Total Energy Saving System... our Quality Mile test line for trouble-free refrigerators made to last... our exclusive Golden Warranty.

And when you've finished looking, who knows? You might just discover the beauty of being a Gibson Girl, too.

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igerators, Food Freezers, Room Air Conditioners, Gas, Electric and Microwave Ranges, Dishwashers, Washers, Dryers, Humidifiers and Dehumidifiers.

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Virginia Slims looks back upon the afternoon soap opera of 1901.



VIRGINIA SLIMS

Slimmer than the fat cigarettes men smoke.



You've come a long way, baby.

15 mg "tar," 0.9 mg nicotine av. per cigarette by FTC Method.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

How to put more *Vitality* into your life

Summer: a time for outdoors, bare-skinned freedom, play!
Starting here, dozens of ways to get more out of your decorating,
cooking, entertaining, sports—even creative relaxation—
to show how a positive outlook can make anything more fun.

Old-fashioned cotton chenille in summery sherbety colors makes great washable cushion covers for porches and pool decks.

For summertime dining, cover a glass-topped table with see-through fabric, as Lella Vignelli does, then light it from beneath for a floaty, translucent look.

You can update last year's sisal or straw rug by painting or stenciling a flower border or a leaf design in the center.

How about a new kind of scarecrow? Shimmery pinwheels along a newly seeded lawn or garden will give birds second thoughts.

Lettuce planted between rows of flowers fills the whole garden with green.

For outdoor entertainment, your own portable media room: the new lightweight 5-inch TV/radio from Quasar.

Here's a zingy summer drink from sailing expert Heather Bondy: half iced red zinger herb tea, half fresh-squeezed grapefruit juice, sprigged with peppermint or a circle of lime.

Fresh cut herbs in a bowl of water keep the air sweet and look as pretty as flowers. Herbs like mint and sage planted in window boxes will help keep insects away.

Wonderful summer dessert: a big glass bowl of ice and water heaped with fresh peaches and nectarines. The colors are beautiful—and the fruit stays cool.

Quick art for a rented summer house—kites, either hung or tacked to the wall.

Turn a screen porch into a summer room by enclosing it with rolled canvas shades or matchstick bamboo shades.

Comfortable summer relaxation rug—quilted moving-van mats, sewn together in rainbow colors.

Give a window the sunshine look: Hang a window shade covered with yellow and white awning striped fabric; trim the edges of white canvas curtains with a matching bias strip.

A lightweight straw mat is easy to carry to a picnic and makes walking easy on the beach.

Here's how to give pillows a quick summer start: Two bandanas, one on top, one on bottom, knotted at the corners.

A fresh spray of white paint gives an old Victorian gilded mirror a fresh look, say the folks at The Wicker Garden in New York City.

How to turn a chest into a Chinese wedding trunk (and a pretty place to store extra table linens): Cover with Oriental floral print fabric, and shellac.

For bright billowy ceilings, hang a wonderful striped spinnaker (from marine sailmakers). Just tack to cornice molding, or suspend from cup hooks.

Special summer celebrations are happening all over the country—and they're not hard to find. Check with the Chambers of Commerce near you.

For lunch, how about: Melon soup. Cool and luscious as it looks. Just blend a sweet ripe melon with cold white wine.

To make tie-back curtains twice as nice, hang curtains from a top rod, catch to each side with two hooks—one above the other, about 2 feet apart. Cover hooks with ribbon bows.

For a summer party outside, light the way with lanterns made from sturdy candles rooted in sand inside shallow paper bags.

Pack picnics in portions—so each person carries his own. And turn the tablecloth into totes. Simply cut printed sheets into lap-sized squares, tie opposite ends, tuck in a lunch, and slip over an arm or a shoulder. The leftover sheet becomes the napkins.

You can line a pool deck, patio, or terrace with no-slip mats that look terrific, too. You piece together interlocking squares of flower-colored rubber. Tiledeck by Uniroyal.

Decorating



Rooms that are gardens in

with Vitality

A decorator usually plays by the client's rules, but when she designs her own rooms, she makes her own, and the game becomes a personal pleasure. "The important thing in decorating is to create rooms that please you," says designer Carole Mitchell. "For me that means rooms filled with light and air, and living greens everywhere." Two years ago she and her photographer husband Tommy Mitchell bought what was an ordinary 1950s stucco house: "It was small and dark, but the setting was lovely and the house itself had plenty of room to grow." They revitalized it with a whole new glassed-in wing—the garden room here and two bedrooms—plus a swimming pool and Jacuzzi out back. Almost every room in the house is now open to the outdoors: to the pool and terrace in the back and, in the front, to "Tommy's garden" of Australian tree ferns and Boston ferns. He takes care of all the greens, which were planted across the front of the house for "privacy without curtains." The new garden room, which is filled with so many real flowers and fabric ones that you can hardly tell where the indoors ends and the outdoors begins, has become the most-used room in the house: "It looks so friendly and inviting with all the wicker and plants that everyone seems to pile right into it." The Mitchells use it for relaxing, entertaining, and dining. "It's like dining alfresco indoors."



The fresh-air life

Left: In the garden spirit, the garden room with wicker furniture, laminated grass cloth Z-shaped tables, sisal rug, faux bamboo-painted trim around the glass walls. **Above:** Through garden room's sliding doors, the new 15-by-30-foot swimming pool and Jacuzzi where the family relaxes in 115°.

KAREN RADKAI

house like all outdoors





ainbow colors, floating walls, sunshine everywhere

For the living room, playful stripes in pastel colors

The living room, above, wide open through two glass walls and a clerestory window, Mrs. Mitchell's call it the "rainbow room" because of the fabric. In front of the sofa, Mrs. Mitchell's brass and mirror "puddle table"—"an appropriate complement for a rainbow."

KAREN RADK

Summery straw walls, clouds on the ceiling



In the garden room, a skylit dining area filled with painted porcelain

To visually divide the garden room's glassed-in living area from its dining area, **above**, the walls around the table were wrapped with rattan, the ceiling above it lightened by a triple skylight. Antiques, like the Jacobean buffet, are playfully mixed with light-hearted porcelain.

The kitchen corridor, designed for easy cooking

Off the garden room's dining area, the kitchen, **left**, still has its original pink terrazzo counters and bricklike vinyl floor —but the floor has been stained darker. Pastel clouds paper the ceiling. Through the door, pink washing machine







In the master bedroom, flower fabrics, a bamboo-and-glass Regency vanity

The master bedroom, **above and above right, top**, opens through glass doors to the pool on one side. The other three sides are wrapped with a tiny printed fabric that's a year-round summery garden. Painting by Stanford Staples. Off the bedroom, Mr. Mitchell's new skylit bathroom. **above, lower right.**



Bold patterns on the beds

In the guest room, **right**, cool pumpkin-painted walls enlivened by two bold patterns on the bed, which is angled "for a surprise." In 13-year-old Blayney Mitchell's room, **below right**, three fabric patterns for the bed, three more for the windows, and another on the walls.





For the dining room, mirror and glass for glamour

In the dining room, **left**, walls are covered with bamboo panels that flow into the wicker-filled garden room next-door. In the middle of the table—beveled glass on a tortoise-lacquered base—ivory and ebony antique Moroccan miniature tables. For a soft gardeny night light, a hammered brass leaf floor lamp on a brass stem.



Sliding wall subdivides space

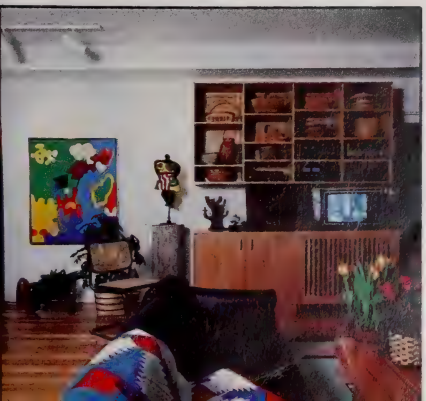
Left: At one side of the dining room, a sports corner devoted to skittles. Wall slides out, **below left**, for dart tournaments. **Below:** The living room, a cheerful mix of color, modern furniture, and primitive antiques. Cocktail tables and fireplace hearth double as seating during parties; stereo speakers are hidden above the window. **Below:** Wall slides back for a see-through view to the kitchen.





Two-part family room for food and games

Here's one big heart-of-the-house room planned for family activities and wide-open entertaining. Its versatile secret: an ingenious sliding barnboard wall that halves the room, or rolls back for twice the space. The room fills most of the ground floor of this former carriage house. Architect Edwin Paul gutted the space and gave it white stucco walls and big wide windows that let in a fabulous ocean view. Kitchen and play space now dominate one end of the room, *opposite page, top right,* with the living, dining, and sports a few steps away, *above*. Quilt pillow patches, Thos. K. Woodard. For shopping information, turn to page 219.



Hands across the table

Above: Whimsical kitchen table, inlaid with the family "paws." **Right:** Kitchen and play space, back to back. Collecting checkerboards, like the painted kitchen floor cloth, is a family hobby. **Left:** A white oak storage unit anchors one wall of the living room. America Hurrah quilts,



Waterborne dwelling is boathouse as well

Right: Life on the water is close at hand in this house. The architect-owner has his home library at water level so he can step right into the boat moored outside and go fishing. **Far right:** Daughter "Angel" maneuvers a rowboat between the 12-foot-deep pilings supporting the house.

A waterside entrance

Below: Perched at the juncture of river and creek, the house has a dock and berths for boats under a deck. Weathered walls of cedar plywood batten panels, shingle roofs, pine decks match the rustic Florida setting.



TOM YEE

"A house should not inhibit you, lock you into a rigid living pattern," says Peter Jefferson, architect of his own free-wheeling Florida house. So he made enjoyment of life and freedom of activity indoors and out the essentials of this open-space dwelling. Planned for his family—wife Joan, teen-agers Angelique, Dean, Mark, Dale—the house is built on pilings near the St. Lucie River. Upper decks overhang a creek so you can fish from above, moor or launch boats below. Indoors, the middle level is one big living-dining-kitchen with dock level below it, master bedroom above.





Right: Plan of middle level. Building facts, page 221



A house for play, work, and easy living



Decorating with Vitality

Wide verandas wrap around three sides of the square house, serving as outdoor rooms with glorious views. The site, at the confluence of river and creek, offers a subtropical backdrop of sky and water, mangrove, bird and marine life. Children's boating exploits can be watched, water skiing, the arrival of friends' boats, an occasional tugboat chugging by. And there are occasional tropical sunset spectaculars, which can also be viewed from a bathtub installed on the south porch for open-air dips. The porches open to the living-dining-kitchen making it, too, a part of the outdoors. Sliding glass walls line nearly three sides of this great 35-by-29-foot room. With a projection room as a center pivot, the house has a pinwheel plan. You enter a small hall, move left through the living area (it includes a game center and raised seating bay for movie and slide viewing), turn into the dining space, pass another raised seating bay and on to the big, open kitchen. No walls separate these spaces, yet they do not encroach upon each other, and the high peaked ceiling and pine floor unify them and establish the simple country character of the house. Also on the ¾-acre property are two small one-story buildings. One is the children's bedrooms and bath house, the other is a guest house. The house received the 1976 residential Honor Award, Florida Association, American Institute of Architects, confirming Peter's belief that "houses should not shoehorn their owners into a box."

On the porch: hammock and bathtub



Relaxation on deck—snoozing or fishing

Above and right: Ample decks, fore and aft, accommodate Peter in his hammock or Angel and friend enticing fish.



Instant outdoor living

Above: The front lawn is ringed by water on three sides so the house is raised above ground to be dry and cool. Joined to the outdoors by porches on all sides, it has outdoor space for sun or shade, games, and meals. **Right:** The river porch, at the south corner of the house, has a salvaged bathtub.





One big room for family activities and fun

Near the center of the main room's living-dining-kitchen area is a step-up alcove with seating built in along three sides. Cushioned and padded, it is a place to see movies or slides shown on the opposite wall by means of a rear screen projector. In the roof-high room with board-and-batten cedar ceiling, a game center is in the window bay at left, the dining room is at the right.

A cook's prize kitchen

Left: A stove with 6 gas burners, 2 ovens, and a restaurant-type wok joins cabinets and countertops of pecan in this pro kitchen tailored to the Jeffersons' high standards. A ceiling fan, a high ceiling, and river breezes produce natural ventilation.
Below: The island counter is also a buffet bar. The old potbelly stove sits midway between the kitchen and dining areas.

Professional kitchen, potbelly stove

In dining corner, meals are enhanced by river view

Right: 9-foot-long dining table seats 10 at bright red chairs. Oil lamps supplement the antique iron-ring New England chandelier. Glass-walled dining area adjoins the open kitchen and outdoor decks.







Who would think of dining on a lily pond? an imaginative thinker who would. She's artist Sweet, who built her own water lily table, *bel* show how much fun it is. It's a 3-inch-deep woo lacquered inside with a liquid plastic that se water. You dine right on the water's surface whi lily pads float among ceramic water lily plates h by submerged wooden pedestals. Hand-painted and cups are reversible, another Sweet show genuity: Turn them upside down and the win becomes a coffee cup, the salad bowl, a dessert "The pleasure of being an artist is that you ca out all your fantasies," says Miss Sweet, who created the "mink" jacket she's wearing, *left*, frills of muslin. Her whole world is centered o sense of playfulness: Her skylit studio, *right*, place where she paints fabrics—like the bed pillows, and stuffed "Paula Sweet" doll—and porcelain towers (on the long shelf). And i where she lives and sleeps. To find out where y buy her designs, see page 219.

LILY-PON

Living with



"The more you use your imagination, the more fun you get out of life"

Left: Miss Sweet in her studio-bedroom and, **opposite page, far left,** wearing her muslin mink.

LUNCH AND A PAINT-BOX LOFT

Vitality

Dining on water

Above: The water table with reversible ceramic dishes, water lily plate, and coal water lilies afloat with geraniums.



TOM YEE

Hot-and-cold flasks: handsome insulated pitchers and 1-liter jug. Hammarplast.



Round-the-clock wide-mouth vacuum jug in rugged steel. Aladdin Industries.



Hiker's fare: pack, 2 vacuum bottles, and sandwich box to fill with trail treats. Thermos.



Wine-in-the-round: ceramic carrier holds 25 ounces, slips over an arm. Hartstone.



The ultimate red lunch box with 4 containers. Lid doubles as serving tray. Tupperware.



Big red insulated jug to tote 2½ liters of refreshment. Unbreakable liner. Heller.



Not-for-picnics-only: bright, insulated crocks in 6-, 12-, or 20-ounce size. Thermo-Serv.



Sure-fire starters: petroleum candles for grills or fireplaces. Kitchen Connection.



Picnic-to-go: Chinese take-outs in country-dotted cardboard. Sample House.



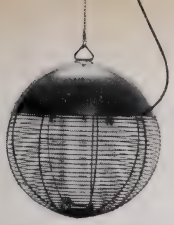
Roast, smoke, steam, fry, or shish kebab in a double grill. Smoker Products.



Vitality Food

COOKING IN THE GREAT OUTDOORS

Wonderful food plus the newest things to help you cook and serve it



Bug killer: electric glow lures and zaps a yardful of insects. Weber Stephen Products.



For small-space barbecues, a 19¼-inch electric tabletop grill. W.C. Bradley.

Smoked chicken, sausages, and outside tips from a fresh-air cook

What is now a serious sideline business for interior designer Charles Mount, *left*, and his partner Daniel Rosenblatt, owners of Menuchah Farms SmokeHouse in Salem, New York, started as a novel way to entertain weekend guests. Mr. Mount still looks forward to outdoor cooking, planning buffet lunches around truffled chicken breast sausages, pork sausage spiced with rosemary and caraway, and honeyed whole smoked chicken. "I prefer to smoke meats over fruit woods, especially apple, for a lovely, light flavor—the tannic acid in nut woods like hickory makes some foods taste strong and may leave a bitter aftertaste," says Mr. Mount, whose family has been smoking meats for the home table and as gifts for over 200 years. Here he uses a Mr. Meat Smoker. Recipes, page 83.



Two-level electric smoker and grill with 354 square inches of cooking space. Charmglow.



Have portable hibachi, will travel—to beach or picnic. 15½ by 11 inches. Structo.



Land or sea grill can clip to a boat's bracket stanchion. Weber Stephen Products.



Gas grill for outdoor chefs. 3 grid holders. Jacuzzi.



Stove for a backpack. Case becomes a pot. Coleman.



Folding 2-burner camp stove. 3½-pint fuel tank. Coleman.

Why men like to cook outdoors

BY MARK O'DONNELL

An inconclusive but exhaustive report

Why do men like to cook outdoors? The answer may be stupid, but it is not simple.

Let us examine the question scientifically, since people will then assume our opinions are correct. Besides, it will allow us to carry clipboards and talk authoritatively. True, we could just go by our gut feelings, but we'd be less likely to get government funding for it, and it's too soon after lunch.

First of all, let us wash our hands with a good abrasive soap and examine our terms. When we say "man," we refer to any organism that changes fuses, sleeps late, and doesn't understand women. In this case, the species can be identified by the large hamburger turner he carries (see Parloff's *Grasping in Males* studies) and a white apron that reads "Looky at Cooky." When we say "outdoors," we mean just barely. Not the dense, buggy forest primeval; rather, we refer to nothing more untamed than a backyard patio, or, at the wildest, a nearby state park, and even then within walking distance of the parking lot. When we say "cook," we mean to describe a sort of friendly poking at pieces of meat, usually accompanied by the sort of noises man otherwise reserves for his bowling misfortunes. God knows what we mean when we say "we."

It is a combination of man's most basic drives that preconditions him to initiate barbecue behavior. (At this point it might be a good idea to start taking notes.) The barbecue, an instinctive ritual that began in the Stone Age (without the apron), has continued down through the centuries uninterrupted, except for a stretch during the Restoration, when everyone was a wimp.

But what *are* those most basic drives in man that send him bounding out of doors with a cry of "Come and *get* it?" *(Continued on page 195)*







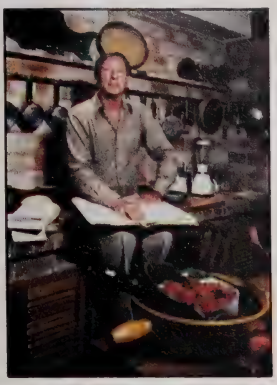






HE OUTDOOR LUNCH

derick Cameron, in s kitchen, **right**, rves lunches at reflect his ve of travel and sun-aked local produce. A elon might begin nch or eggs fragrant th truffles. Next a ew from Portugal or icken breasts llowed by light, fruit sserts. Mr. Cameron s written more than ght books including *rraces in the Sun*, out the Riviera, and *adows from India*.



VID MASSEY



Ham mousse, leeks and chicken, and other delicious summer food

op, left: Chicken enriched with cream and served with undled braised leeks. **Right:** Pure luxury in green pepper nells—buttery scrambled eggs with black truffles. **enter left to right:** Terrace table set for lunch with a rst course of Charente melons. Beef cooked in beer and runes surrounds a riced potato hill. Molded apricot rbet for dessert. Picasso earthernware plates. **ottom, left:** Ham mousse with chopped aspic and olives akes a light outdoor lunch. **Right:** Dessert to eat ith your fingers—sunflowers of orange segments sprinkled th sugar and orange–flower water. Recipes, page 94.

Vitality Food

The taste collector

BY RODERICK CAMERON

Notes of a well-fed traveler who gathers recipes like souvenirs

People who have not read any of my books sometimes ask me what they are about, and it is difficult to give a precise answer—travel basically, set in the present but leaning heavily on the past, a mixture of history and the arts. For longer than I care to remember, my publishers have kept me posted to different parts of the globe: much of Africa, large tracts of Asia, the Pacific islands retracing Captain Cook's voyages, all of Latin America, and more recently the Antipodes. Memories crowd in on me: the coasts of Ceylon, half-obscured by the waves' mist-like spume; nights on the beaches of Zanzibar with land crabs clattering home over heaps of dry weed. In Tonga, Ve'ehala, the keeper of the Royal Records gave me a recital on his nose-flute. We were sitting in his office at Nuku'alofa, the capital of the islands, preparatory to visiting Queen Saloti's palace, when, unexpectedly, he put his flute to his nose, blocked one nostril with a thumb, and breathed gently down the instrument. The subject of his tune was the sorrow of a seagull who, at the hour of dawn, discovered she had lost a feather.

Intermingled with these impressions come memories of a more tangible nature; those, for instance, of the various taste sensations enjoyed in different parts of the world. Curious always about food, I have been in the habit of taking notes, either trying to describe the unusual dishes served to me, or better still, whenever the occasion presented itself, trying to analyze them.

Among some of the more surprising delicacies must be counted Australia's sugar ants. I was staying at a Lutheran mission in the Central Deserts and the pastor's wife had asked the female aborigines to collect them for me. It is a deep burrowing ant, which feeds on the bloom of a certain plant. After rain, its abdomen becomes distended to a bladder about the size of a grape and is filled with a thin syrup, the sweetness of which is relieved by a slight acidity and a flavor of malt. The women will frequently do half a day's digging, sometimes following the galleries 4 feet deep in the loam, in order to get perhaps fifty or a hundred ants. In Mexico I always ate in the small popular restaurants, the only places, apart from private houses, where one finds genuine Mexican cooking. Perhaps the most recherché of the delicacies I sampled is *huit la cochi* made from sweet corn that had been attacked by a fungus. The grain swells and turns a milky charcoal and in this condition is sautéed in cream—delicious.

Quite obviously the ants and the diseased corn are not for general consumption, and in collecting dishes one has to be careful, for food prepared in certain ways, although perfectly practicable, is not always suitable and needs *(Continued on page 224)*

Quiet for Vitality





DAVID MASSEY

Party pavilion on the lawn

The redwood bar beside the summerhouse is always well-stocked with picnicware, drinks, a hibachi, and charcoal, stashed in lockable cupboards beneath. There's even running water, so all that's needed for a barbecue is plenty of food and ice.

A HOUSE OF TREES, A HOT TUB IN THE WOODS

A backyard getaway can be a mini-vacation spot, a breezy, peaceful refreshment that's there when you need it. "I wanted outdoor places where I could be alone or with friends, and still be at home," says Mrs. Francis Carpenter, and she asked designer David Barrett to work with her. Now there's an open-air cherry-wood summerhouse at the edge of the property, looking as if it's always been presiding over its view of the sea and hills. And nearby, there's a secluded hot tub—"my meditating pool"—for solitary or social soaks.

Rustic furniture, a woodland pool

Left: Summer house furniture is as natural as all outdoors—tables and chairs with their bark still on, and a fourposter daybed of birch trees, draped with bittersweet sailcloth curtains that lash down, or unfurl for privacy. The stack of pillows is actually a fiberglass reproduction of an 18th-century Turkish garden seat. Tôle-shaded lamps are made from plaster-filled flowerpots. **Right:** Nestled in a clearing of sun-dappled woods, the hot tub is close to the main house, but nonetheless private. Tall spicy pines grow through the deck to form a shady umbrella high overhead. On deck, canvas parasols are painted with trompe l'oeil wisteria and butterflies (see Mrs. Carpenter's house of trompe l'oeil, Dec. '78, House & Garden).





NORMAN MCGRATH



ONE-ROOM

A quiet, self-sufficient getaway room

Inside, there's just enough room for a twin bed, here covered with a cozy Hudson Bay blanket and sunny Martex sheets. Baskets, grass rug, and pine table all from Conran's,New York City.



PRIVACY IN A FOREST CABIN

Up a narrow path through curtains of dense foliage is this small geometric façade—but it's just an illusion. Step through the cutout entrance, and you're on a little porch, *above*, an open-air echo of the surprisingly small dimensions (only 7½ by 7½ feet) of the interior space. Once inside, you find a little bedroom in the woods, *left*, just large enough to take a nap, read a book, think some private thoughts. Actually only a hundred feet from the main house, it seems miles away. Its architect, Tim Wood, says "it is the ideal country house miniaturized—a place to escape to be alone, surrounded by nature." The little cabin was built completely insulated for $2,500, of standard plywood sheets. Eventually the outside grid, *opposite page, top*, which acts as a weather sealer, will serve as a lattice for ivy—a camouflage to keep the retreat secret in its natural setting.

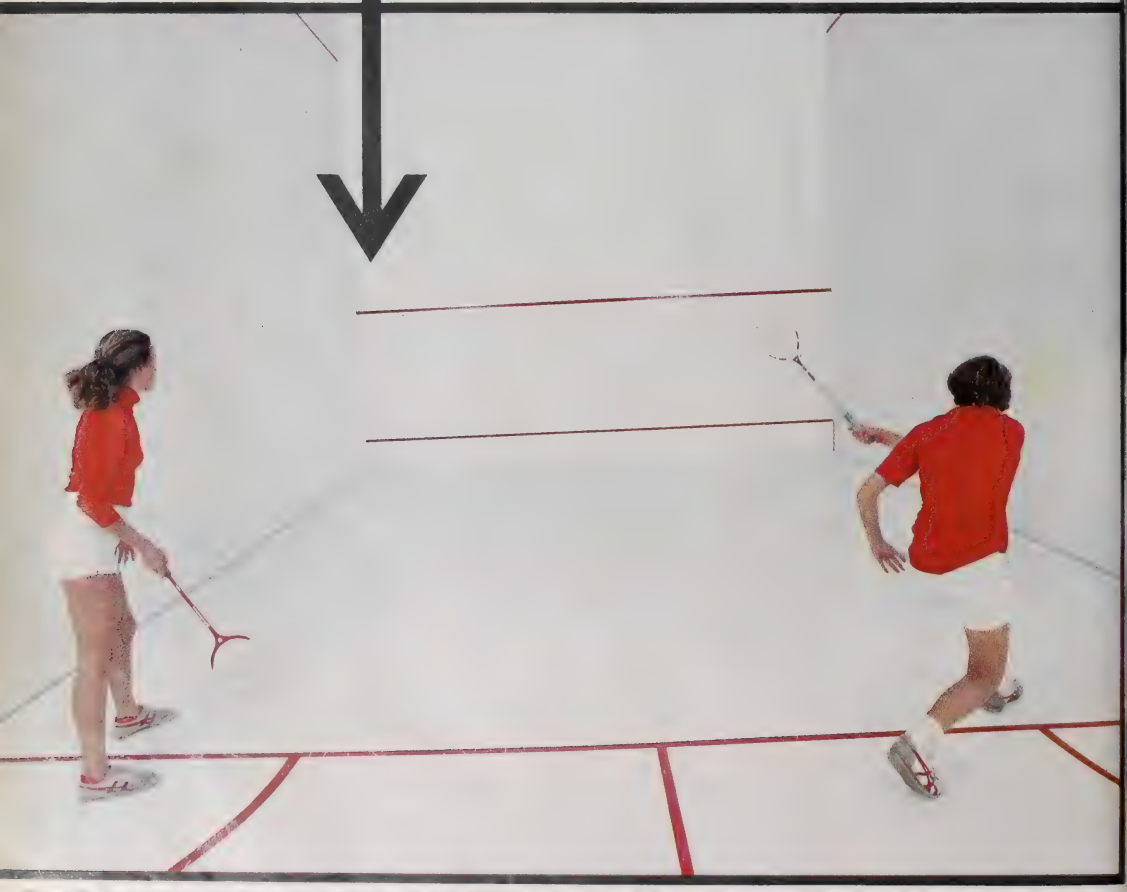
Sports for



There's a lot of racquet going on here on this squash court, designed for a family of sports enthusiasts in their backyard recreation center. Architect Richard L. Martin sunk the two-story, regulation-size court halfway into the ground for an even roofline—and so you can view the action through a 10-by-6-foot tempered glass window in the ground-level observation room. The court was built according to specifications from the United States Squash Racquets Association, with plastic laminate walls, a painted hardwood floor, fluorescent lights, and a suspended acoustical ceiling. And it's not for squash only: With the foul board removed, it's an unofficial racquetball court.

Left: A backyard recreation center, geared for fitness, with sunken squash court, **below.**

KAPEN RADKA



SQUASH COURT UNDERGROUND

Vitality

NORMAN McGRATH

THE GRAPHIC PATH TO TENNIS

LURIE



ove: Lurie's vision: his family jogging through the vironment they've helped to create. In their own backyard, e pool is never empty during warm weather, and they e the tennis courts daily. Handball, track, wrestling, ccer, and basketball are other family sports.

Down the terrace, through the pool, and all around the tennis court run wavy mosaic bands of colored pebbles, stones, plants, and paint. "It's expandable environmental art," an original by political cartoonist and sports lover Ranan Lurie and his family, using the world as their canvas. "Instead of living with art, why not live *in* it?" he asks. His idea of a multicolored trail spilled from one of his modern paintings, ran through his house in the carpeting, eventually rolled right out the door. "This is only the beginning," says Lurie with a smile. "My goal is to go all the way to the Equator—and then beyond."

Below: Expandable environmental art, created from materials typical of the area, framed by the landscape. On the hill, junipers and pebbles. On the tennis court, squiggly paths of paint.



SPORTS STORAGE

Game plans for keeping toys, clothes, and sporting gear

On the go storage. In a country house, the entranceway turns sports lobby with all the equipment and outdoor clothing for an active family. **Now a playroom. . . .** For a young family with active children, the hallway in their Manhattan apartment becomes the play space with toys and games stored in semicircular units. Sturdy plastic crates hold balls and extra games, so everything can be whisked away in a jiffy. Designed by Stuart Mager.

RUSSELL MACMASTERS, ARRON, CHRIS REINHARDT, BEADLE



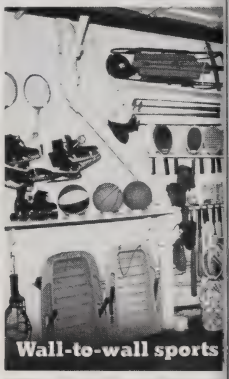
On the go storage



Play hall becomes...



...sculpted foyer



Wall-to-wall sports



Bicycle art

. . . now a hall. With the basketball net off the door and toys away, the hallway returns to its calm, sophisticated self. **Wall-to-wall sports.** In a Kansas City garage, outdoor equipment is ready for sportsmen on their way out the door. Brackets support tennis rackets and baseball bats, slotted shelves hold paddles, and under the sled shelf, there are hooks for special golf clubs. Roll-proof circular stands keep balls on the shelf. **Bicycle art.** When is a bicycle not a bicycle? When it's a piece of sculpture on the wall: an ingenious and sensible answer to the urban storage shortage by C. Husted in California. Wall mounts are two sturdy hooks under bicycle seat and handlebars.

Winning is everything...

BY PAULA RICE JACKSON

Two human performance experts give the reasons why

"Everybody loves a winner. . . ." It seems to be a very human desire—the striving that results in joy. To exult in the joy of winning, of succeeding, of knowing *you're the best.* And, of course, it's also great fun to be admired, to have ascribed to yourself all those glories winning brings. Being a winner is its own identity. Dr. Ernest Vandeweghe (pronounced van-de-wee), who, with his associate Dr. Laurence Morehouse, runs the Human Performance Laboratory at the University of California, at Los Angeles, says winning—at a game, a sport, at *anything*—has profound positive effects on a person's self-esteem and well-being. Dr. Vandeweghe feels there are five important reasons why winning is worth the effort:

(1) Winning builds confidence. It fosters attitudes that become a cause of the success. "You make your own luck" follows from this kind of thinking.

(2) Winning produces good morale. If you are a player of a "one-on-one" sport, such as tennis, a habit of winning strengthens your future chances. If you're a team player, winning generates the "team momentum" that often results in "streaks."

(3) Winning is a reward, a prize in itself in a world where there are precious few rewards or recognition for discipline and effort. Winning brings approval.

(4) Winning a competition, opponents being of about equal skill, prepares you for the real competitive issues and arenas of life.

(5) Winning sets up an attitude of striving that spills over into other areas of life. It also deepens the interest to overcome one's own limits, or in competitive sports, one's own record. This becomes the aspect of "putting forth one's very best effort."

You probably know the maxim attributed to Vince Lombardi, the famous football coach, "Winning isn't everything. It's the only thing." Dr. Vandeweghe says he thinks this should be interpreted to mean that winning is *(Continued on page 192)*

Or is it?

BY MAEVE SLAVIN

Advice from authorities who look beyond winning and losing

Our American enthusiasm for competing in sport has overflowed into many other areas of our lives. We use the vernacular of sport as the metaphor to describe our feelings about people and events. Phrases such as a whole new ballgame, a winning streak, Monday morning quarterback, he's a winner, she's a great competitor, they're a bunch of losers, have become everyday catchalls, used in politics, business, and even in the arts. Vince Lombardi's famous maxim that winning isn't everything, it's the only thing, sometimes seems to have become our new golden rule.

Winning is terrifically important, no question. But extreme obsession with winning takes away the whole meaning of playing; often it precludes winning because it makes you uptight, you make mistakes, it all begins to matter too much. Under these conditions, even if you win, you haven't had a very good time.

One of the prime reasons we play sports is that very thing: to have fun and to feel happy about how we played. That ball you retrieved from the back line in tennis, the putt you sank on the third green against all odds, the little boy on the baseball field who made his first catch for an out—these are the things you remember. Maybe you lost the game, but you succeeded in playing very well indeed, and in the experience you found enjoyment.

I realize that this is a hard point to make stick. I've discussed it with my schoolboy son who, at this stage of his life, wants to do well in sports more than anything in the world. "But, it isn't fun if you don't win," he tells me. I understand what he is saying, but nevertheless I argue that if you don't feel desperately that you have to win, conversely you don't feel you have to lose, which is the only alternative within this tight dichotomy. In order to succeed you don't necessarily have to win.

It seems to me that competition and the whole win-lose ethic are rather *(Continued on page 192)*



Ferns Forever!

The cool, romantic, self-reliant greens that seem to thrive on praise alone

Tall, high plumes of ostrich fern enclose a small terrace whose owner, Blaine Merrell, sets her table with part of her fern-inspired collection of glass, china and linen. Even the chairs, made of cast-iron ferns, are as hardy and timeless as the green garden. For more, please turn the page.

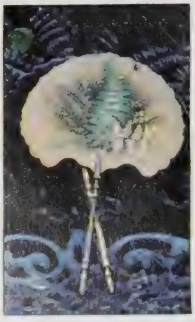


MARINA SCHINZ

Ferns catch the morning sun on the east terrace of this 1830s house, top, *and bank the pebbled driveway,* above. *Along the shady north wall,* top, *ostrich ferns are bedded with hostas and a climbing hydrangea. Native ferns,* above, *edge a rocky pasture path.*



Above: *Three red lacquer tables from 19th-century China are decorated with fern patterns painted in gold. Behind them, real ostrich ferns among day lilies.*



Below: *A papier-mâché fan painted with fern fronds may have cooled a Victorian lady on a still afternoon.*



Above: *An enormous Minton plate with foxgloves and ferns in low relief on the border, real ones just behind it. Plates on terrace table, preceding page, are also Minton.*



Left: *More "ferniture": a cast-iron garden bench.*

Below: *19th-century tôle tea canister.*



Above: *Small wooden boxes, American, with gilt ferns.*



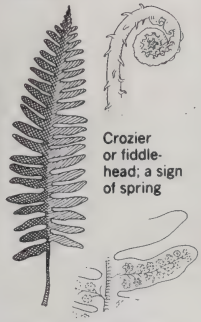
Ferns forever!

f you want a green garden, his is the way to have it. Elinor Merrell's garden vas too shady to grow nuch else, so she bought ome ferns—only three os- rich ferns to start—then ransplanted some from urrounding pastures and woods. Ferns as a decora- ive motif interest her, too (she's a New York-based pecialist in antique tex- iles), and she has added gradually to her fern de- sign collection while her ferns have multiplied hrough spores and spread- ng. "Spores—the fern's nswer to seeds—are a wonderful job of packag- ng," she notes. "Once you get a stand of ferns grow- ng, you really don't need much else. Ferns are ideal for busy people and week- end gardeners. They need no fertilizers, no raking, no nsecticides. They can be planted at most any time— f you keep the roots moist. You just try to duplicate heir natural habitat—but make sure you have the owner's permission if you spade them up in the wild!" As a beginner, she bought ferns and learned about hem from Ruth Hardy's Wildflower and Fern Nurs- ery in Falls Village, Conn. She also read and recom- mends Senator George D. Aiken's book, *Pioneering with Wildflowers*, now in paperback from Country- nan Press, Taftsville, Vt. "My soil was miserable," she says, "but I discovered hat ferns are not too par- icular about soil as long as hey have some leaf mold and moisture. Another good thing about ferns is hat even in winter, beds won't look desolate if you plant evergreen ferns un- der deciduous ones. My os- trich ferns, for instance, turn a stunning brown in late August, but the under- planting carries on through winter." More on pages 222 and 219.

FERN FACTS



Fossil
The earth knew ferns before dinosaurs; even their fossils are beautiful, above. Some 12,000 species thrive today in temperate and tropical climates. Many are winter-hardy in U.S. gardens, even window boxes. Ferns are long-lived and will grow in shade where flowers or shrubs might fail.



How Ferns Grow
Croziers are curled immature leaves ready to unfold as graceful fronds. This typical frond has spores under each leaflet. Ferns reproduce by spores, not seeds, and by runners, bulblets, and feet. They can also be divided.

Woodland



Northern maidenhair
Adiantum pedatum
1′-2′. Deciduous. Dainty fans on wiry dark stems. Shade. Rich moist soil. Other maidenhairs, such as A. capillus-veneris, grow in warm-climate gardens, or indoors.



Christmas fern
Polystichum acrostichoides
1′-2′. Evergreen, lustrous. Shade or partial shade. Good under deciduous ferns or to hide fading spring bulb foliage. Adaptable to warm climates, it may also be grown indoors.



Lady fern
Athyrium filix-femina
2′-3′. Deciduous. Lacy but vigorous. Sun or shade. Dry or damp. Good bank cover or between low and tall ferns in beds. Circular clumps.



Cinnamon fern
Osmunda cinnamomea
2′-4′. Deciduous. Sun or shade. Common and easily grown. Fertile "cinnamon stick" holds spores. Spreads slowly.



Goldie's fern
Dryopteris Goldiana
4′. Deciduous. Non-spreading. Moist shade. Largest of woodferns, which include useful evergreen Dryopteris intermedia, the florist fern (picked in summer, kept in cold storage), and D. marginalis.

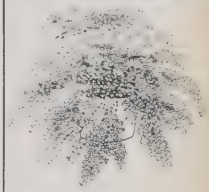


Interrupted fern
Osmunda Claytoniana
3′-6′. Usually 4′. Deciduous. Full to partial shade. Tolerates dryness. Fronds are interrupted at center by spore cases.



Ostrich fern
Matteuccia Struthiopteris
4′-7′. Deciduous. Likes moist shade, tolerates some sun. Spreads quickly by runners. Some catalogues list as Onoclea Struthiopteris or M. pensylvanica.

Indoor



Maidenhair
Adiantum Raddianum
1′-2′. Tiny leaflets. Cool shade year round. Mist often. Likes calcium. Pruning promotes new growth.



Bird's nest fern
Asplenium nidus
1′-4′. Bold glossy fronds held upright around nest-like center. Tolerates medium humidity. Shallow rooted, likes tight pot.



Golden Polypody
Polypodium aureum
To 4′. Coarse segmented fronds, bluish-green. Furry rhizome resembles hare's foot. Easy.



Boston or sword fern KUBINYI
Nephrolepis exaltata
2′-5′. Cascading fronds ideal for basket or pedestal. Tolerates medium humidity. Happiest when least disturbed.

House ferns need moist spongy soil, good drainage. No direct sun unless in winter. Cool atmosphere—to low 70s. Dilute fertilizer used sparingly.

Plantation for a President

Fabulous restoration of the house where President Tyler lived, worked, and danced the Virginia reel—now open for visitors to share its treasures.



VITALE

When President Tyler left office in 1845, he retired with his bride, Julia Gardiner, to a 1730 house on 1,600 acres along the James River in Charles City County, Virginia. He renamed it Sherwood Forest (for Robin Hood, whom he admired for putting public welfare before private gain), and added a colonnade and a ballroom, making it the longest frame house (300 feet) in the United States. The house was scarred by Union occupancy during the War Between the States, yet today, owned by the President's youngest grandson, Harrison R. Tyler, the house stands completely restored, and its 1,600 acres are still a working, family owned plantation.





Above: The Gray room, President Tyler's family sitting room, which takes its name from "The Gray Lady," a ghost said to have haunted it for 200 years. On the President's table is one of his books, with the mark of a burn and rifle-shot dating from the occupation by Union troops. Stools were gifts from the Thomas Jefferson family. **Right:** The dining room, with original French china, and wallpaper pattern chosen by his wife. The original paper, ordered from France in 1844, was removed and copied in 1976. The gilded valances were bought by the President's mother-in-law for $7.50 apiece. White Spode tea set belonged to Meriwether Lewis. **Top:** Sherwood Forest, a working plantation, open to the public.

AN H&G MUSEUM HOUSE



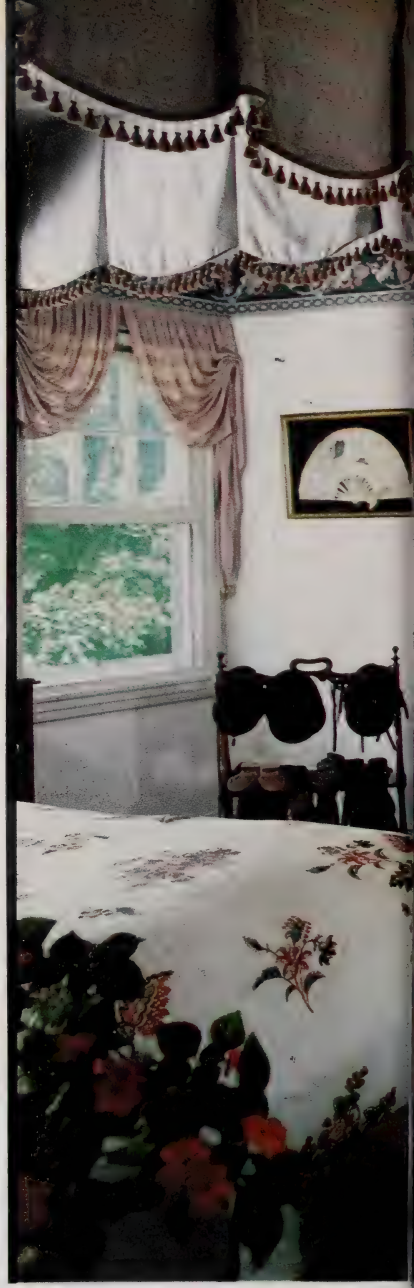


PLANTATION FOR A PRESIDENT

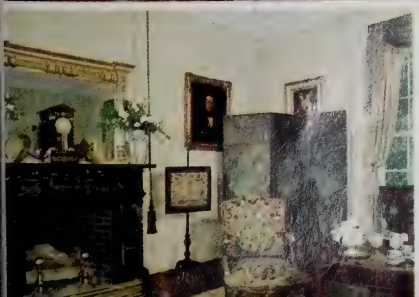
The house is alive with irresistible history: The ballroom was designed for reels; the living room was once the President's bedroom, where he and his First Lady often breakfasted in bed; and in the drawing-room window stands an 1830s teapot with a lock : At the time, tea in Virginia was selling for $80 a pound.

VITALE





Above: A bedroom on the second floor, furnished mostly with antique family pieces inherited by Mrs. Harrison R. Tyler. Framed fans on the wall are American 19th century. Shaving stand on Queen Anne table is Charleston Hepplewhite. Linen bedspread with patterned chintz cutouts dates from first half of 18th century. **Top, left:** The drawing room. On tea table (Baltimore, circa 1770), tea set sent to President by Emperor Tao Kuang in gratitude for opening trade routes to China. **Left:** The ballroom, 68 feet long, designed by the President's wife for Virginia reels. Hand-hewn pine floor. **Right:** A corner of drawing room: 1720 Boulle clock, 1750 English petit-point fire screen.

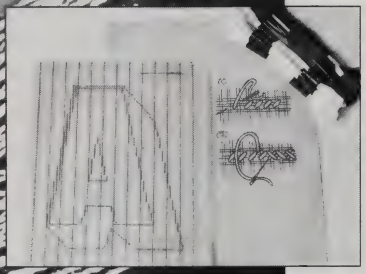


When the present Tylers began restoring the house, only a third of the original furniture was still intact. But, using Julia Tyler's voluminous and enthusiastic correspondence as a source of reference, they matched colors, copied wallpapers, and added other heirlooms brought in by later Tyler brides, notably Mrs. Harrison Tyler herself, who directed the entire restoration. Matching foundation bricks, floors, doors, and paneling were found in two neighboring 18th-century houses, one of them formerly a Tyler property. Among the original furnishings ordered by President Tyler's wife for the house, and still in place today, are: a silver cake basket on the dining room table, and two pairs of girandoles bought for $37.50 a pair. All the door knockers and knobs were chosen by the President himself. Sherwood Forest is now a National Historic Landmark. It is located on State Rte. 5, 18 miles west of Williamsburg, and open to the public daily from 9 to 5 except on Christmas day. For information write Sherwood Forest, Charles City County, Va. 23030.

D.I.Y.

The cross-stitched letter

Your initial, big, bold, and easy to embroider



Here's a way to add spirit t anything—towels, robes, eve canvas chairs and totes: varsity bright monograms you creat with one easy stitch. And, sinc everything you need comes i a kit, they're as simple as A, B or C. The news is there's n need to transfer designs. Th design is stamped on canvas you pin it to the fabric an cross-stitch through both. The wash in cold water or dry clea and the canvas backing wil loosen so you can pull it ou thread-by-thread. Voilà: Seven inch tall red-and-white mono grams, ready to wear. Kit de signed by Charles Quaintanc of Alice Maynard.

Monogrammatics made easy

The quick-cross stitch work best if you fill a whole ro with the basic needlepoint slan (/), and then go back over the other way with a revers slant (\) to form an "X." Ti for pocket initials: embroider ing is easier if you take th pocket off first.

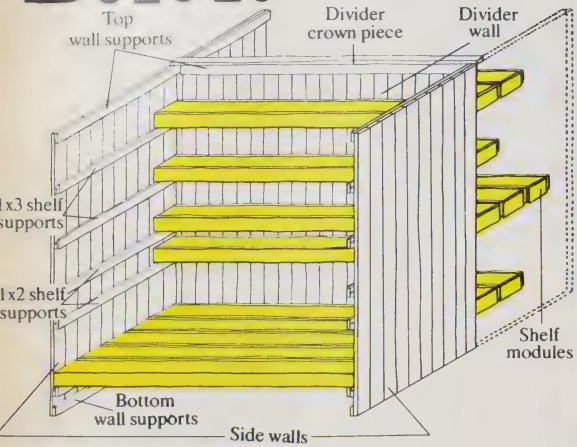
Far left: **To remove threads of stitched-on canvas, grasp with tweezers, pull.**
Above left: **The complete kit: printed canvas, floss, needle, instructions.**
Left: **Pocket initial.** ***Above right:*** **Cheers for the red-white-and-blue towel.** ***Right:*** **"M" marks the monogrammed bed. Terry bath sheets and polyester cotton bed sheets both by Martex.**
See Shopping information.

***Do It Yourself**

KAREN RADKAI

FURNITURE CRAFT

D.I.Y.*

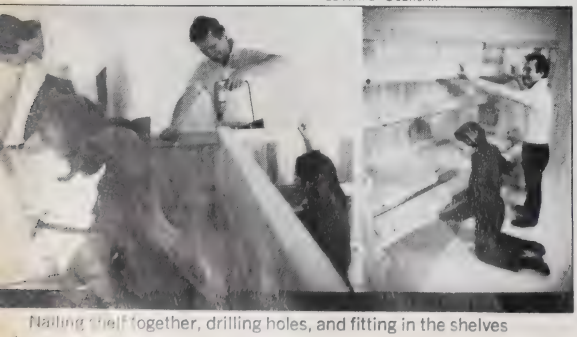




The versatile H contains two mini rooms in itself—one on each side—each with adjustable shelves. Placed in the center of a room it can multiply one space into four.

The double-duty divider can be made by a team of two over a weekend. Here, Peter Stamberg and Lynn Benton, victorious.

EDWARD OLEKSAK



Nailing shelf together, drilling holes, and fitting in the shelves

*Do It Yourself

WILLIAM P. STEELE



Garden center



Bedroom wall

Here's a divider that does a lot more than divide—it's two mini rooms in itself. And with about $390 worth of #2 pine, nails, and glue—and a little help from a friend—you can make one over a weekend (to learn how, see page 76). The great double-duty H, Peter Stamberg's latest project for House & Garden, stands 6 feet tall and 6 feet 3 inches wide, is 24 inches deep on one side and 36 inches deep on the other. Shelves slide in and out wherever you need them to create storage, office space, a crafts center, or the mini rooms we've created here. *Garden center:* With the addition of G.E. "Bright Stiks" under one of the shelves and clip-on lamps from Lite Factory, see

The double



Mini kitchen



Bed-sitting room



Sports keeper



Room to grow

w the narrow side of the t grows with King otic plants and garden plies. A 3 shelf counter omes an ample work area. anwhile, there can be nething cooking on the er side. *Mini Kitchen*, e a perfect fit for Dwyer inch compact kitchen unit m Murphy Door Bed . Aluminum pots, pans, and other equipment from The Professional Kitchen. Battery-operated clock from Hammacher Schlemmer. *Bed-sitting:* Even a single side of the divider can lead a double life—the sofa here also serves as a guest bed. Just remove pillows and cotton duck cover, and you reveal a Foam-Tex mattress supported by a platform formed by five shelves. Shells from Seashells Unlimited and a radio from Abitare. *Bedroom wall:* The deep side of the H can enclose a double bed. Simmons mattress. "Dreamtides" sheets by Cannon Mills. Painting by Kikuo Saito from Haller Galleries. *Sports keeper:* The narrow side of the H is a natural for storage. Here a whole collection of sports equipment from Herman's World of Sporting Goods. *Room to grow:* A bed and a few shelves create a child-size secret place. "Kliban's Cats" sheets by Kliban for Burlington Domestics. Toys at F.A.O. Schwarz, Conran's, Bloomingdale's. Shopping information, page 219.

duty divider

The fabulous H you can build in a weekend to turn



Take a builder's house, subtract walls, rearrange rooms, add space and light for a

New lifestyle, new look

You don't have to build from scratch to have a house that's suited to your likes and lifestyle. Instead, you can remodel an old house, and, as designer Jack Bodi says, "get the best of the old *and* the new." Mr. Bodi and photographer-artist Joe Leombruno worked with builder Leonard Gordon to transform an ordinary house with tiny dark rooms into the handsome one here, with lavish sweeping spaces streamlined with white tiled floors, white walls, and lots of mirror and glass. The spacious living-dining room, for example, was created by combining the old wood-paneled family room and the largest bedroom. (The new bedroom and bath were once living and dining rooms; the kitchen was totally updated.) New additions are the fireplace here, and the 12-foot-long window that overlooks the new swimming pool and flagstone terrace.





LEOMBRUNO-BODI

Indoors

Left: The old wood-paneled den became the dining area, **far left,** with a glass-topped table that opens to seat twelve. All tile, American Olean.

Outdoors

Below: The house, from the back, with new 18-by-38-foot swimming pool and pillared porch. **Bottom:** The back of the house, before remodeling.





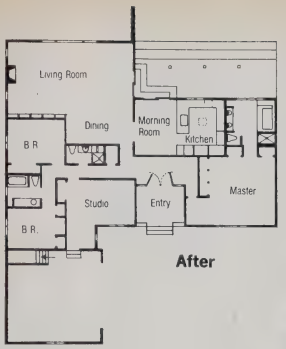




For living, white, light, and a wall of books



Left: The living-dining room, with glass and wicker furniture, a leggy French writing table, and a real Italian poodle. The bookcase wall used to be the bedroom wall, **above.**



After

NEIL LONDON



Before



Below: The new foyer, streamlined with paint and tile; and the old one, **bottom,** with heavy wood doors. **Above:** The house plans, showing remodeling and original layout.

LEOMBRUNO-BODI







For sleeping, a bed on a platform

Left: The new bedroom, with tiled bed platform that includes the night tables. Painting by Mr. Leombruno. The window behind the Chinese lion is same window that used to be over the old living room's sofa, **below.**





Top: New skylit kitchen with recessed lighting and mirrored walls to replace the old kitchen's dark cabinets, **above.**

Above: Bath with new tiled tub ledge, mirrored walls. This space was old dark-beamed dining room, **top.** Shopping information, page 219.



Mirror, mirror for kitchen and bath

Inside, the remodeling was extensive, changing not only the look of the house, but the layout too. Now you enter through a bright white foyer to be welcomed by the living-dining room and new eat-in kitchen next door. Beyond the kitchen in its own private corner of the house, are the new bedroom (created from the old living room) and bath (once the dining room). In the bedroom, floor tiles continue over the built-in bed-footboard-night table platform. And the bedspread is quilted with squares that make a point of the all-tiled look of the room. And in the adjacent bathroom, mirrored walls echo tiles on the new bathtub ledge. Was the makeover worth all the work? "Yes," agree the owners, "because now we have a house as personal as if we'd built it ourselves."

We changed what an oven does by changing how it does it.

The Farberware Convection Oven.
A cooler, cleaner oven for under $176.



Farberware's convection oven is a whole new concept in ovens. It's a compact, portable electric counter-top oven with big-oven capacity (up to an 18 lb. turkey). It cooks fast, safely and economically. It gives you better results, and takes less time, effort and work. Obviously, for an oven to do all this, we first had to find an entirely different principle for an oven to work on.

Our secret: circulating air.

In Farberware's convection oven the cooking air is kept in constant circulation, so your food cooks on all sides at the same temperature. You never have to turn anything, whether you're broiling, roasting or baking.

Cook without heating up your kitchen.

Since the cooking air is kept in constant motion inside the oven, it can't escape to heat up your kitchen. Convection roasting also saves you 1/3 the time over a regular oven. Frozen meat is done in the time a regular oven does thawed meat. It also uses less energy than a conventional range oven. And it runs on standard current, without special wiring.

An oven that's easier to clean.

The inside walls vaporize food splatters. A removable filter traps solids and fats. The drip tray and glass door can go right into the dishwasher.

A lot of oven for a little money.

At $176, the Farberware convection oven sells for a lot less than other ovens that don't do nearly as much, nearly as well. Which makes it the ideal second oven, one that could well become the oven you use all the time.

FARBERWARE®
Subsidiary of Walter Kidde & Company Inc.
KIDDE If it's worth doing, it's worth doing right.

MEAL IN MINUTES

MENU FOR SIX
Gypsy salad with Trattoria dressing
Fontina or Bel Paese cheese
Italian bread
Fresh berries

"What makes a good chef is his inventiveness and his daring, as well as a love for food. His own personality should go into the cooking," says Alfredo Viazzi, owner of the successful New York restaurants Trattoria da Alfredo and Taverna Calda da Alfredo. In his new book, *Alfredo Viazzi's Italian Cooking* (Random House), Mr. Viazzi has compiled recipes from his youth in the Genovese region of Italy, his travels, and lessons from his chefs that illustrate the Italian cooking *he* knows, an "improvised cooking based on traditional ideas." The Gypsy salad here, just right for a shared luncheon or summer supper, is one such adventure.

Choose the freshest Boston and romaine lettuce, watercress, and arugula as the base for the salad. Wash, trim, and drain the greens well, and toss in a large bowl with a bit of the special spicy Trattoria dressing. Arrange cucumbers, radishes, tomatoes, eggs, tuna, and assorted garnishes on top of the lettuce and spoon on more dressing. To round out the flavors and textures of the salad, serve with a wedge of mild cheese like Fontina or Bel Paese to slice at the table and a loaf of crusty Italian bread or heated hard rolls. Follow with bowls of mixed strawberries, blueberries, and raspberries sprinkled with confectioners' sugar or honey.

Gypsy salad

(Insalata della zingara)

INGREDIENTS

1 small head Boston lettuce, washed, dried, and cut
1 small head romaine, washed and dried (use only whiter leaves near the center)
1 bunch watercress, trimmed of any tough stems and washed
1 bunch arugula (when available), washed, or 1 endive, washed and sliced
1 small bunch scallions, trimmed of green stems, washed, and cut in julienne strips
⅔ cup Trattoria dressing (recipe below)
1 cucumber, peeled and sliced
1 bunch red radishes, washed and sliced
2 medium tomatoes (not too ripe), washed and cut in wedges
3 hard-boiled eggs, peeled and quartered
1 7-ounce can Italian tuna, broken into chunks (drain if using American tuna)

Continued on page 190

From Alfredo Viazzi's Italian Cooking. Copyright © 1979 by Alfredo Viazzi. Reprinted by permission of Random House, Inc.

The total sandwich

27 ideas for breakfast, dinner, and fabulous desserts—because today's sandwich is a lot more than lunch

Released from the lunchbox, sandwiches appeal to everyone because of their incredible variety of fillings, shapes, sizes, and ideas: Danish open-face sandwiches, French Croque Monsieur, Italian pizza, even Chinese dim sum fit our definition of anything wrapped, rolled, or stacked in anything else. John Montagu, fourth Earl of Sandwich (1718-1792) gave his name to the phenomenon: His dedication to gambling was such that he would not leave the gaming tables even to eat, and his valet brought him meals between slices of bread. The name stuck and is now used in many languages. The idea of a sandwich must be at least as old as bread—and as new as the latest combination you've thought of to top it. For some surprising sandwiches, please turn the page.

BETTMANN ARCHIVES



Earl of Sandwich

Left: Stuffed pita pockets for an easy-to-eat breakfast! Cheddar cheese, ham, tomato, a poached or fried egg, and a dressing of butter or garlic mayonnaise, heated until cheese melts.

SUSAN WOOD



There may still be places on earth where Grand Marnier isn't offered after dinner.

For free recipe booklet, write Carillon Importers, Ltd., 745 Fifth Avenue, New York, New York 10022. Product of France. Made with fine cognac brandy. 80 proof.

© Carillon Ltd.

Round-the-clock, sweet and savory sandwich ideas from good cooks

Sandwiches of imagination tower in the mind—layer upon layer of favorite foods. The skill comes in the eating—how to approach the luscious creation without its coming apart at the seams? The ideas described here and illustrated on the following four pages suggest some answers. Individual portions are shown; however, the idea can easily be expanded to become a sandwich buffet—cold sliced meats, salads, breads, lettuces, cheeses, sauces—a perfect way to serve many people and indulge their pursuit of the ideal sandwich.

At breakfast

page 172

"The French eat chocolate on French bread for breakfast," says Devon Fredericks, New York caterer, who created the three breakfasts for those of us more inclined to traditional fare. Eggs are famous sandwich stuffers, but teamed with caviar they are fit for company. Ms. Fredericks dips her cream cheese and jelly sandwich in batter, then grills it. Peanut butter makes a breadless sandwich with apples. Nut butters with their high protein content make good breakfast fare—try them with bananas, raisins, and honey on whole-grain bread or between pear halves. Julie Jordon, in her *Wings of Life* cookbook, suggests a spread of 2 parts yogurt to 1 part peanut or sesame butter plus raisins and honey to taste. Or try buttermilk instead of the yogurt.

For dessert

page 172

What is a cake if not a sandwich? There are layers and fillings! So Michel Richard's mille-feuilles filled with strawberries and cream takes the cake as the prettiest sandwich. He owns and runs a pastry and catering shop in Los Angeles, where you can sample some of his other sandwiches—a layered omelet in a crust, or a dacquoise, or a torte . . . Richard Irving of L.A. Desserts, also in Los Angeles, makes his desserts as rich as he possibly can. His marjolaine has 3 flavors of butter cream sandwiched between four layers of nut-studded meringue. Jelly rolls qualify as sandwich desserts—fill them with homemade marmalades or jams and freeze them.

Lunch

page 172

Pita breads were made for carrying: Cut in half to form two pockets or cut all the way around to make a super-sized mango, avocado, and sprouts sandwich to double wrap. Poke one corner out of the wrapping and use it to keep the sprouts in while eating. The juice of the mango and the oil of the avocado create all the dressing needed. Other good fillings are guacamole and chick-peas with sprouts; cheese, tomatoes, and mushrooms with garlic mayonnaise; any cold meat plus lots of sprouts for texture and vitamins. For other lunches try pâté with mustard and chopped pickles between slices of five-grain bread. If you're near an oven, try Cheddar over avocado or apples on pumpernickel. Or make pizzas on whole-wheat with homemade tomato sauce and shredded cheese plus chopped olives.

Finger sandwiches

page 173

New ideas for food to serve with drinks are always welcome. Cornelia Minges, a New York caterer, balances hers for color and texture—like red beets with orange, pear with Stilton. She also suggests Gruyère, tomato, and rosemary grilled on grainy bread, or use cucumber slices as a base to top with watercress chopped and blended with cream cheese.

Fork and knife sandwiches

page 174

Sandwiches to satisfy an appetite—"I prefer ones you can't pick up," says Seppi Renggli, chef of The Four Seasons restaurant in New York, who likes big, open-faced sandwiches at home. They combine artfully arranged meats with enough crisp greens to make a salad. Another idea from chef Renggli is sautéed turkey breast ("I like it better freshly cooked") or veal with a tuna sauce (vitello tonnato) on dark bread. Try sliced steak with tarragon mustard on rye or turkey with a sweet pepper julienne and orange-flavored mayonnaise on wheat.

For supper

page 174

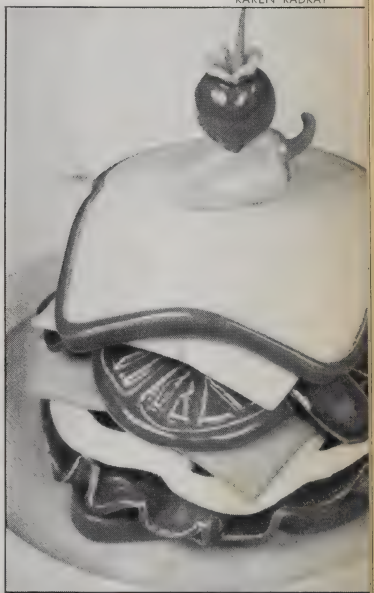
The best are warm and comforting, but light and not overly filling. Connie Burdick of Piecemeal, a catering and cooking school in Los Angeles, suggests multilayers of crêpes alternately filled with mushrooms, spinach, and diced ham. She also hollows out individual-sized French loaves to fill or one larger bread to slice. Sautéed mushrooms on anadama toast are delicious for supper as are flaky feuilletés filled with creamy seafood.

Vegetable sandwiches

page 175

The breadless ones: Even when you're not dieting, they are a welcome change of pace. Richard Simmons, of Los Angeles's Ruffage and Anatomy Asylum, has a fondness for vegetables. His leafy creations are a riot of beans, sprouts, avocado, pineapple, papaya. Cabbage leaves are favorite "coverings" for their color and sturdiness. Mr. Simmons suggests romaine or iceberg lettuce as a base for chicken, papaya, sliced grapes with puréed papaya dressing. Recipes, page 180.

KAREN RADKAI

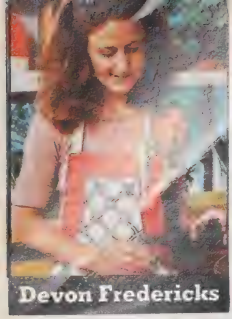


Ceramic sandwich by Dyer

Herb jellies for savory sandwiches

Boil 2 tablespoons chopped savory leaves, ½ cup water, 1 cup grapefruit juice, 3½ cups sugar 7-8 minutes to bring out the flavor of the herb. Add coloring if desired, bring to full boil; add 3 ounces liquid pectin, boil ½ minute and strain into sterile glasses. Seal. For other flavors using like amounts of chopped herb leaves, pectin, sugar: Sweet marjoram, 1 cup water, ½ cup lemon juice; thyme, ½ cup water, 1 cup grape juice; sage, ½ cup water, 1 cup apple cider; rosemary, ½ cup orange juice, ¼ cup lemon juice, ¾ cup water.*

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Devon Fredericks

To start the day—balanced breakfasts in a sandwich, fun to eat and full of flavor



Red caviar sandwiched in scrambled eggs on pumpernickel.



A warming wake-up—tasty grilled cream cheese and jelly triangles.

THE TOTAL SANDWICH



Michel Richard

Desserts stacked in crunchy and creamy layers

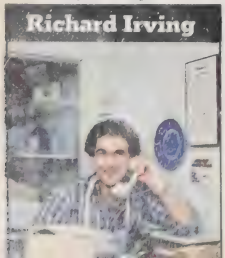




The grand finale sandwich: puff pastry layered with strawberries and cream, *top*, three velvety butter creams spread between nutty meringue strips, *above*

GARTH RADKAI

Richard Irving



SUSAN WOOD

All-in one desk lunch: fruit, avocado, and sprout salad packed in a pita



uple-decker
butter and
pple slices.





Cornelia Minges

For snacks or cocktail time, finger-sized treats—crisp vegetables, whole-grain breads, plus a tiny burger and fries



Pear slices with Stilton butter and cress.



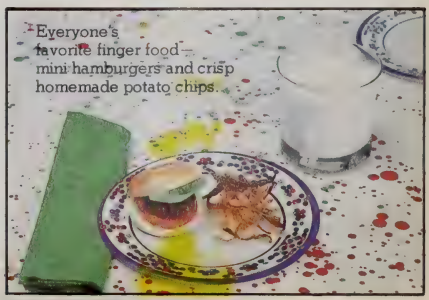
Two-tone canapés—sweet mandarin oranges and tart beets with a sprinkling of orange zest and scallion



Bite-sized savories—cabbage triangles topped with bacon and Roquefort.



Carrot rounds covering slices of lamb on marble bread spread with tangy lemon m



Everyone's favorite finger food—mini hamburgers and crisp homemade potato chips.



Wrap up the bright, juicy flavors of summer and carry them with you—to the office, the beach, a nearby park. Here, whole-wheat pita stuffed with mango, avocado, and crunchy new sprouts.

CHRIS BLUHM PHOT



Seppi Renggli

THE TOTAL SANDWICH

Knife-and-fork sandwiches, open-faced, for a hearty lunch or informal dinner

CHRIS REINHARDT



Celery root rolled in ham slices atop pumpernickel and rye.



Scandinavian flavors—gravlax (marinated salmon) on black bread with dilled scrambled eggs.



Roast pork loin crowned with orange slices, lettuce, and a poached egg with curry mayonnaise.

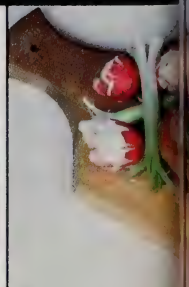


Sliced breast of capon on a yogurt roll plus apple-celery-walnut salad in a cucumber nest.

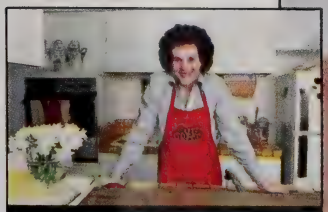
Easy suppers—crêpe cake with 3 fillings, or an oyster-stuffed French loaf



Hotcake supper: crêpes stacked with layers of ham, mushrooms, spinach.



Traditional New Orlean toasted French loaf brimming with batter dipped sautéed oysters



Richard Simmons



Salad sandwiches—a satisfying crunch of nuts, sprouts, fresh herbs, and vegetables





Connie Burdick

KAREN RADKAI





A two-story salad sandwich of jicama (like white radish) filled with tomato, cucumber, avocado, and lettuce.

BY B.J. CUTLER

The white wines of summer

From Soave to Sauvignon Blanc, they're ready to drink, and the prices are right

Summer is white wine time. Summer is for fun, for outdoor living, for informality, for patio dining and picnics, for light, uncomplicated foods. White wines are admirably suited for all such activities.

The whites have three great advantages for this time of year. First, they make a light and refreshing drink, especially when mixed with sparkling water. Second, they can be brought from the store and drunk. With a few exceptions—great Burgundy, fine Sauternes, and top-level German wines—white wines do not require aging. Third, while chilling kills the taste of most red wines, whites benefit from an hour in the refrigerator or 20 minutes in an ice bucket.

Consumers in this country are fortunate in that they have a wide choice of domestic and imported wines in many price classes. Starting at the most inexpensive level, we have the white jug wines from California, which are genuine bargains. These wines are clean, fresh, well made, and are considered by many experts as the best *vins ordinaires* in the world. Their wide availability and modest prices make them a good choice to serve to large gatherings, at picnics, or on any occasion where informality reigns.

KAREN RADKAI



Cold wine with a first course of a summer lunch of Judith Olney's terrace.

There are about a score of jug wines available, and one's choice should be strictly a matter of personal taste. However, a number of brands have been doing well in blind tastings lately and deserve mention. Italian Swiss Colony Chablis, which sells for about $3.50* for a 1.5 liter bottle (50.7 ounces), is fruity, flavorful, well balanced, and a good value at its low price. Many tasters, when they don't know they are sipping Swiss Colony Chablis, guess that it is a California Riesling, which is quite a bit up the price scale. Other sound values in easy-to-find jugs include Los Hermanos Chablis ($3.60), nicely dry for its price; Paul Masson Chablis ($3.85) with a pleasant bouquet and a hint of sweetness; Gallo Chablis Blanc ($3.49) fresh, clean, and a trifle sweet; Inglenook Navalle Chablis ($3.65) a well made, well balanced wine; Taylor California Cellars Chablis ($3.60) a fruity, semisweet wine with good body. Though they cost more than the brands cited above, the generic (made from several grape varieties) wines in big bottles from Sebastiani, Fetzer, and Robert Mondavi have both character and value.

"White wines have three advantages in summer—they make a light, refreshing drink, they can be brought directly from the store and drunk, they taste best chilled."

A tip: One should try to buy jug wines, and indeed almost all whites, from shops that have fast turnover. A white wine that sits on a shelf too long can lose its freshness and charm.

At the opposite end of the price spectrum from the jugs are the California Chardonnays, probably the finest whites made in this country. Made from the same grape that produces the famous white Burgundies and Blanc de Blancs Champagne, these wines are gaining the international recognition they deserve. For example, Sterling Vineyard's highly regarded Chardonnay, which costs about $8 here, is on the wine lists at the Ritz Hotel and the three-star L'Archestrate restaurant in Paris at twice the price. Like the best Burgundies, the domestic Chardonnay is a powerful, mouth-filling, big-bodied wine with a taste of the oak in which it was aged. Some examples made by small, "boutique" wineries go for $15 to $20 the bottle, which can take some of the spontaneity out of summer drinking. However, many less pricy bottles are available when you want a special wine to accompany elaborate seafood and poultry dishes, especially those with cream sauces. Château Montelena's 1976 Chardonnay costs $10, is very good, hard to find, and worth looking for. Freemark Abbey's 1975 and 1976 vintages, about $9.50, are much admired. For those who want to try the Chardonnay flavor without an accompanying high price, the following are suggested: Dry Creek 1977 ($7.50); Geyser Peak 1977 ($4.50); Sebastiani 1976 ($5.50); Almadén 1977 ($3.70); Parducci 1977 ($5.50); Louis Martini 1977 ($4.50); Paul Masson N.V. ($4.45); Christian Brothers N.V. ($5.10); Pedroncelli 1977 ($5.50), and Sonoma Vineyards 1976 ($4.10).

Between the modest jug wines and the lordly Chardonnays are several other American wines that deserve attention this summer. The Johannisberg Riesling, the classic grape of Germany's Rhine and Moselle valleys, is doing beautifully in this country, producing flowery, fruity, slightly sweetish wines that please many tastes and are as good for sipping by themselves as they are with food. Rutherford Hill has made a distinguished 1977 ($5.75), and Château St. Jean is turning out flowery yet dry vintages ($5.75 to $6.50). Other Johannisberg Rieslings worth keeping company with include Sonoma Vineyards 1976 and 1977 ($4.50); Wente 1977 ($4.25); Monterey 1977 ($4.75); Barengo 1977 ($4.50); Sebastiani's Northern California 1976 (a buy at $3.80); Firestone's sweet and fruity 1977 ($6) and Château Ste. Michelle's 1976 and 1977 vintages, which show how well the grape has taken to the state of Washington (about $5).

The Chenin Blanc from France's Loire Valley has been successfully domesticated and produces a clean, fresh, fruity wine that goes well with summer's light foods. Many of the vineyards mentioned above produce good Chenin Blancs. A fine example is Parducci's 1977 ($4.25). The French Colombard is another grape that more people ought to get to know. It produces a wine with good body, and an inexpensive introduction to the Colombard is Inglenook Navalle which has good flavor and is drier than many others (under $3).

Other interesting wines that the

Continued on page 178


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continued from page 176

experiment-minded might try: Buena Vista's Green Hungarian, which is soft and pleasant and resembles a less spicy Gewürztraminer and makes a nice apéritif (about $3); Christian Brothers Château La Salle, made from the muscat grape, is an excellent sweet dessert wine in its price class ($3); and Concannon's Sauvignon Blanc, which is full-bodied and whose bouquet reminds some of new-mown hay ($4.75).

We all have heard stories about how high French wine prices are and that they will go higher still. There is some exaggeration at work; there are still reasonably priced French whites to be found. Muscadet, from the westernmost part of the Loire Valley, remains a perfect and affordable summer wine. It is light, fresh, pale, dry, and an excellent foil for seafood, especially shellfish. Two reliable producers of Muscadet are Château Noë and Marquis de Goulaine, both of whose 1976s sell for under $5. Try the crisp taste of Muscadet this summer. By next year the price might well be $7.50 and then wouldn't be recommended drinking.

The refreshing white Macons, with their glint of green, still remain reasonable as well. Situated just south of Burgundy, the Macon area produces large quantities of pleasant wine from the Chardonnay grape, much of which is exported. In buying Macon the rule is: know your shipper. If he is honest and dependable, the wine will be worth the $4-$5 it costs. The Macon-Villages 1976 shipped by Henri de Villamont is a sound example, equally good with food or as an apéritif by itself. The village of Lugny makes particularly nice Macons, so it is wise to search labels for that name.

Alsace, France's charming wine-growing province across the Rhine from Germany, remains a source of attractive wine. In general, Alsace wines are drier than what is made in nearby Germany. They are flowery with a nice balance between fruit and acid. Gewürztraminer from Alsace is likely to overpower food but makes a fine cocktail drink. The province's best wine is Riesling, dry, balanced, fruity, and still available around $5. Very good shippers are Dopff, Hugel, Charles Jux, Trimbach, and Willm. The latter, incidentally, sends a less expensive dry wine, Cordon d'Alsace, well worth its $3.50.

One of the best bargains in French wine unfortunately is an endangered species. It is called Coteaux Champenois and is a still (non-sparkling) wine made in the Champagne region from the same grape varieties used in the world-renowned bubbly. Coteaux Champenois is a bit drier than Champagne itself and at $4 to $6 gives better value than many

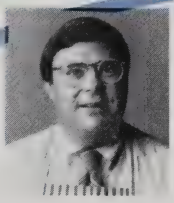
whites selling for as much. Most bottles bear no vintage year, so one must be careful not to buy Coteaux Champenois when it is too old and oxydized. The telltale sign is a brownish color. Good inexpensive brands include Charbaut ($4.75) and Canard-Duchêne ($4.25). Moët makes a splendid example, Saran Nature ($13.50). Some find Bollinger ($5.50) a bit heavy. The drawback to Coteaux Champenois is that it won't be around long. The 1978 harvest in Champagne was dismally small, and so the older wines that were earmarked for still blends will go into Champagnes instead. This is the summer to enjoy Coteaux Champenois.

Germany, nearly all of whose wines are clean and carefully made, is an excellent supplier of summer whites. Its regional wines, which come to market bearing such names as Liebfraumilch, Moselblümchen, and Zeller Schwarze Katz and are packaged in fifths, liters, and magnums, are modestly priced and good for picnic drinking. Wines from specific towns are likely to be of higher quality. To give just one example of many available bottles, the shipper Hans Walter's 1977 Piesporter Michelsberg ($3) is a clean, pleasant, slightly sweet visitor from the Moselle Valley. Other names worth looking for include Piesporter Treppchen, Piesporter Goldtröpfchen, Niersteiner Domthal, Wiltinger Scharzberg, Zeller Grafschaft, Zeltinger Himmelreich, Mainzer Domherr, Saulheimer Probstey, and, in a higher price range, Schloss Johannisberg and Schloss Vollrads. The 1976 vintage was superb in the Rhine and Moselle, producing large amounts of the later-picked, finer and sweeter wines labeled Auslese and Spätlese. To many tastes, they are a bit cloying for hot-weather drinking, and such consumers should be directed to the 1977 vintage. That year produced a large quantity of light, fruity, early maturing wines. Many of them are rated as Kabinett, which means a good quality but dryish wine that should be ideal for drinking this summer. Many Kabinett wines from the vineyard townships mentioned above are available at $4 and less.

As French wines have grown more costly, Italy has moved into the breach and is now providing what probably is the best buy in imported whites. This is the 1.5-liter (50.7 ounce) jug of Soave, a straw-colored, crisp, dry wine from the area east of Verona. Folonari and Barbella both retail their oversize jugs of Soave for under $4. There are many other good makers, so a bit of tasting around is in order. Verdicchio, a fresh, light, quality wine from east-central Italy, is becoming more and more popular here. Imported in both oversize bottles and fifths, it costs a bit more than Soave and is worth the difference. Other Italian wines that shouldn't be over-

Continued on the next page

Cornelius
for Corning



Have you ever wanted to give a Corning Ware® gift and been stumped as to which of the patterns to pick? Well, there's an up-and-comer in the Corning collection that solves the problem...beautifully. It's called "Just White," and it goes with just about everything. And just to gild the lily, Corning has matched it up with a line of gorgeous hardwood trivets to fit the most popular Corning shapes and sizes—including the 3-quart saucepan I used for...

14-Carrot Cold.

Here's a rich, cold soup that I consider pure gold. And with all those carrots, it has to be as healthy as it is delicious!



- 3 T. butter
- 1½ cups onion, finely chopped
- 1 celery stalk with leaves, finely chopped
- 1½ lbs. carrots (approx. 14 baby carrots or 6-8 regular size), cut in ¼" rounds
- 2 med. potatoes, peeled and diced
- 1 tsp. sugar
- 1 T. chopped fresh dill (or 1 tsp. dried)
- 3 cups chicken broth
- 1 cup milk
- 1 cup heavy cream
- Pinch cayenne pepper
- Salt and white pepper to taste
- Garnish: chopped fresh parsley

Melt butter in 3-quart Corning Ware saucepan. Add onion and celery and sauté until onion is translucent. Add carrots, potatoes, sugar, dill and broth. Cook, covered, on low heat 25 minutes. Cool slightly and puree in blender or processor, ¼ *at a time*. Replace in saucepan. Cover and chill (or freeze for later use). Just before serving, add milk, cream, cayenne, salt and pepper. Garnish. Serves 8. (P.S. Some like it hot—why not? But don't let it boil after adding milk and cream!)

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looked include Frascati, a delicate and pale white from the hills southeast of Rome; the firm whites from the Chianti area which cannot carry that name but are produced by the famous Chianti houses; and from northern Italy the good, light Pinot Grigios. Of the latter, one nice example among many is Enofiulia's 1977 ($3.50).

Some years ago it was a rule of thumb that attractive white wines couldn't be produced in hot climates. No longer. Cellar techniques have improved so much that sun-drenched countries are sending us increasingly interesting whites. Some examples are Yugoslavia's Adriatica Rizling, inexpensive and Rhine-like; Romania's Premiat Tarnave Castel, dry and under $3; Algeria's fruity and dry Clairette Blanc de Blancs ($2); Sicily's Corvo white, with character and flavor ($4); and Spain's Torres Vina Sol 1977, a light, fruity bargain ($2.50).

Some people, when urged to concentrate on white wines in warm weather, reply, "Yes, but what am I supposed to drink with cheese?" They are paying too much attention to an obsolete rule: White with fish, red with cheese. In fact, some years ago the then president of France's National Brotherhood of Cheese Tasters listed the ideal combinations of cheeses and wines. Many of his recommendations called for whites. For example, he thought "cooked" cheeses—Edam and Gruyère—went best with dry whites. For Port-Salut, Cantal, St. Nectaire, and St. Paulin he liked light, fruity whites. With fresh cheeses he favored sweet whites. And for people who don't want to bother their heads about what goes with what, he disclosed that still or bubbly wine from the Champagne area blends nicely with any cheese. So there's no reason not to think white this summer. ■

From Connie Burdick

(page 175)

Oyster loaf

("La Mediatrice")

After being out too late, New Orleans husbands would buy an oyster loaf on the way home as a peace offering for their wives, thus: "The Mediator."

INGREDIENTS

1 loaf sourdough or French bread, about 12 inches long, or 4 individual rolls
Butter, melted
About 20-24 oysters, freshly shucked
2 eggs, lightly beaten
1 cup or more fine bread crumbs, freshly ground
Salt, pepper
Vegetable oil

METHOD

☐ Slice off the top of the loaf of bread and reserve. Cut a neat trench about 1½-2 inches deep along the length of the loaf and remove the soft bread. Brush all cut surfaces, trench, and lid with melted butter and toast the loaf in a preheated 350° oven just until it turns light gold.

☐ In the meantime, pat oysters dry with paper towels, dip in beaten egg, then in crumbs seasoned to taste with salt and pepper. Pour oil to a depth of ¼ inch in a heavy skillet and set over moderate heat. When oil is hot but not smoking, sauté oysters quickly, several at a time, 1-2 minutes. Place oysters in rolls or loaf, replace lid, and serve immediately. Serves 4.

Crêpe sandwich loaf

INGREDIENTS FOR CRÊPES

4 eggs
1 cup flour
⅛ teaspoon salt
Pinch sugar
1 cup milk
2 tablespoons butter, melted
Vegetable oil

INGREDIENTS FOR FILLINGS

4 tablespoons butter
5 tablespoons flour
2 cups milk, heated
½ teaspoon salt
White pepper
Nutmeg
1 cup heavy cream
¾ cup Swiss cheese, grated
1½ cups cooked spinach, well drained and chopped
2 cups mushrooms, chopped and cooked in butter with 2 tablespoons chopped shallots
1 cup cooked ham, chopped
Fluted mushroom caps for garnish
Asparagus tips for garnish

METHOD FOR CRÊPES

☐ Combine all ingredients in a blender or food processor and process just until smooth. Refrigerate several hours or overnight. When ready to cook crêpes, heat a very small amount of oil in a 7- 8-inch skillet, pour in approximately ¼ cup, or less, batter, and tilt the pan so that the batter covers the bottom thinly. Cook until the crêpe is browned on the bottom, then flip and brown the second side. Makes 20-24 crêpes.

METHOD FOR FILLINGS AND ASSEMBLY

☐ Melt the butter in a heavy saucepan, whisk in the flour, and blend until smooth. Remove pan from the heat and stir in the hot milk, salt, pepper, and nutmeg to taste. Return the pan to low heat and bring the mixture to a simmer. Stir in the cream and cheese and continue stirring until the mixture is smooth and thick.

☐ Place the spinach, mushrooms, and ham in separate small bowls. Stir a few tablespoons of the béchamel sauce into each of the bowls—the mixtures should be fairly thick. Add just enough sauce to make a fairly thick paste, or it will be difficult to stack the crêpes neatly when assembling the loaf and to cut it neatly later.

☐ Butter a low, round baking dish, about 9 inches in diameter, and place a cooked crêpe in the center. Spread with about ⅛ of one of the fillings. Top with another crêpe, about the same amount of the second filling, then another crêpe and the same amount of the third filling. Repeat this layering until all the fillings have been used. Try to keep the sides of the crêpe loaf as even as possible.

☐ Reheat the remaining béchamel sauce in a saucepan—it should be quite thick, but if too thick to pour, stir in a spoonful or two of cream. Spoon the sauce over the loaf and sprinkle with a little grated cheese. Bake in a preheated 375° oven 30 minutes. Garnish with mushroom caps lightly sautéed in butter and asparagus tips. Slice the loaf into wedges with a sharp knife. Serves 6 generously.

Chicken in lettuce leaves

INGREDIENTS

2 slices good quality white or egg bread
2 cups chicken broth
1½ pounds chicken breasts, boned, skinned, and ground
2 eggs
2 tablespoons fresh dill, chopped
Salt, pepper
Heavy cream
1 ham slice, about ⅓-inch thick, cut into ⅓-by-⅓-by-2-inch strips
Flour
Sweet butter
Several leaves butter lettuce
Watercress or dill for garnish

METHOD

☐ Soak bread for a minute or two to soften in a bowl with chicken broth. Pour off the broth and reserve. Shred the bread lightly with a fork and mix with the chicken, eggs, dill, and salt and pepper to taste. Add a tablespoon or two of cream and just enough of the reserved broth so that the mixture barely keeps a soft shape when picked up in a spoon. Chill mixture in the refrigerator an hour or two to make it more manageable.

☐ Divide the mixture and form into "fingers" about 3 inches long and about 1½ inches in diameter. Form each chicken finger around a stick of ham. Roll the fingers in flour. Heat 2-3 tablespoons butter in a skillet and sauté the fingers until they are crisp and browned. Drain on absorbent toweling and let cool to room temperature. Roll each finger in a lettuce leaf, garnish with a sprig of watercress or dill, and serve with herb mayonnaise if desired. Serves 6.

Continued on page 182

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continued from page 180

From Cornelia Minges
(page 173)

Miniature hamburgers

INGREDIENTS
½ pound ground beef
Salt, freshly ground pepper
8 miniature bagels (Lender's Bagelettes, from the frozen food department of the supermarket)
1-2 leaves Boston or Bibb lettuce
1-2 Italian plum tomatoes, thinly sliced

METHOD
☐ Season ground beef with salt and pepper to taste. Shape miniature hamburger patties, using about 1 tablespoon for each, from the meat. Cook the patties in a heated skillet or under a preheated broiler for a few minutes on each side until brown.
☐ Split and toast the bagels. Place a hamburger patty between the 2 sides of the bagel. Serve with a small piece of lettuce, a tomato slice, and assorted relishes. Makes 8 mini-hamburgers.

Potato chips

INGREDIENTS
1 large potato
Vegetable oil
Salt

METHOD
☐ Wash and dry the potato and remove any bruised spots. Do not peel the potato. Use a vegetable peeler to slice thin strips lengthwise from the potato.
☐ Heat 3 inches oil in a large skillet or kettle. Drop a few strips of potato at a time into the hot oil; fry until golden brown and crisp. Drain on paper towels, sprinkle with salt, serve immediately.

Red cabbage canapés

INGREDIENTS
2-3 slices bacon, thickly sliced
2-3 leaves red cabbage
1-2 leaves Boston or Bibb lettuce
2 ounces Roquefort cheese
Danish watercress for garnish

METHOD
☐ Fry bacon in a skillet until crisp; drain well on paper towels and crumble.
☐ Cut 8 2-inch squares from the top tender part of the cabbage leaves. Cut 8 triangles of lettuce leaves. They should be about half the size of the cabbage leaf squares.
☐ Place a lettuce triangle on a cabbage leaf square. Crumble about ½ tablespoon of Roquefort cheese on top of the lettuce triangles. Sprinkle a little crumbled bacon on top of the cheese and garnish with a few sprigs of tiny Danish watercress. Makes 8 canapés.

Stuffed zucchini

INGREDIENTS
1-2 zucchini, depending on size (they should be 1¼-1½ inches in diameter)
2 medium carrots, scraped
2 tablespoons olive oil
1 teaspoon lemon juice or to taste
Zest of ½ lemon, grated
Salt
8 small sprigs lemon thyme for garnish

METHOD
☐ Cut zucchini into 8 rounds each ½-inch thick. Scoop out centers of the slices with a melon baller—make sure *not* to go all the way through. You may decorate sides of slices using a vegetable stripper.
☐ Cut carrots into 1-inch pieces and grate finely in a food processor. Mix carrots with the olive oil, lemon juice, lemon zest, and salt to taste. The mixture should have a very refreshing lemony flavor. Refrigerate until ready to serve.
☐ Heap carrot mixture into zucchini cups and garnish with a small sprig of lemon thyme. (If unavailable, use grated lemon zest.) Makes 8 zucchini cups.

Lamb and carrot canapés

INGREDIENTS
1 small, thin carrot
Salt
2 thin slices marble (rye and pumpernickel) bread
Maille's lemon mustard
A few slices lean cooked lamb
8 small lemon verbena leaves (if unavailable, use 8 small mint leaves)

METHOD
☐ Drop carrot into a pan of boiling salted water and cook 5-7 minutes or until tender but firm. Slice thinly.
☐ Trim the ends of the bread. Cut each slice into 4 squares. Spread with a little lemon mustard and cover with a thin slice of lamb, cut to the size of the bread. Top the lamb slice with three overlapping carrot slices and garnish with a lemon verbena or mint leaf. Makes 8 canapés.

Shrimp and dill canapé

INGREDIENTS
8 medium shrimp
½ cup olive oil
3-4 tablespoons wine vinegar
2 tablespoons fresh dill, chopped
1 small red onion, sliced paper thin
Salt, freshly ground pepper
Several thin slices white bread
Fresh dill for garnish

METHOD
☐ Drop the shrimp into a kettle of boiling water and simmer just until they turn pink. Drain the shrimp, rinse under cool water, peel, and devein. Place shrimp in a nonaluminum bowl, cover with oil, vinegar, dill, 3-4 slices onion, salt and pepper to taste. Marinate at least 3 hours, preferably overnight, in refrigerator.
☐ Use a plain round 1½-1¾-inch biscuit cutter to cut 8 circles from bread slices. Toast the bread on both sides. Drain the shrimp. Cover the toasted circles of bread with a red onion slice, top with a shrimp, and garnish with a small sprig of dill. Makes 8 canapés.

Beet and mandarin orange canapé

INGREDIENTS
Several slices whole-grain or white bread
Salt
1-2 fresh beets, trimmed of tops
1-2 scallions, white parts only
Dijon mustard
Small can mandarin orange segments
Few strips orange zest cut into fine julienne

METHOD
☐ Use a 1½-1¾-inch plain round biscuit cutter to cut 8 circles from bread slices. Toast on both sides.
☐ Place beets in a large pot of boiling salted water. Return to a boil and cook until tender. Drain the beets and slip off the skins. When the beets are cool, cut into thin slices. The slices should be the same size as bread rounds—if not, trim with the biscuit cutter.
☐ Slice scallions into thin rings. Spread mustard on bread rounds, place a beet slice on top. Place orange section on top of beet, end with a few slices of scallion, sprinkle with zest. Makes 8 canapés.

Pears with Stilton

INGREDIENTS
2 thin slices whole-grain bread
1 ounce Stilton cheese
1 ounce sweet butter
1 ripe pear or canned pear halves
½ lemon
Watercress for garnish

METHOD
☐ Trim ends of bread, toast on both sides, and cut each slice into 4 squares.
☐ Cream together the Stilton and sweet butter in a bowl. Spoon into a pastry bag fitted with a small fluted tip. Peel the pears, cut in half, and remove the cores. Cut each half into thin crosswise slices and squeeze lemon juice over them to prevent discoloration. You may use poached or canned pears if the canapés are not to be served immediately.
☐ Place a small sprig or two of watercress (avoid large stems) on each toast square. Cover the stem ends of watercress with two overlapping slices of pear and pipe a rosette of Stilton butter on top. Makes 8 canapés. *Note:* You may serve these hot by simply broiling a few minutes until the cheese melts, and pears are heated through. Garnish with watercress.

Continued on page 184

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continued from page 182

From Seppi Renggli

(page 174)

Chef Renggli is working on a cookbook for Simon and Schuster due in 1980, tentatively titled *The Four Seasons Cookbook*

Mayonnaise

INGREDIENTS

2 egg yolks
½ tablespoon Dijon-style mustard
1 tablespoon lemon juice
Salt, freshly ground black pepper to taste
1½ cups olive oil
½ tablespoon wine vinegar

METHOD

☐ Combine the egg yolks, mustard, lemon juice, salt, and pepper in a bowl. Stir briskly until well blended. Slowly add the oil, *drop by drop,* beating vigorously without stopping. When the mixture is thick, add the remaining oil in a slow steady stream. Stir in the vinegar and blend well. Refrigerate in an airtight container. Makes 1¾ cups.

Roast pork sandwich

INGREDIENTS

2 tablespoons oil
Salt, pepper
1 pound loin of pork, center cut
Rye bread
Dijon mustard
½ cup mayonnaise
1 teaspoon curry powder
2 oranges
4 eggs
Bibb or Boston lettuce
Several stalks celery
Several scallions, trimmed and fluted
2 daikon
2 carrots

METHOD

☐ Heat the oil in a roasting pan on top of the stove, place the salt-and-peppered pork loin in the pan, and brown well on all sides. Roast the meat in the same pan in a preheated 400° oven 25-30 minutes, then lower the temperature to 350° and roast 20 minutes more. Lift the pork loin out of the pan to a plate with a fork and pour off excess fat from the pan. Deglaze the pan on top of the stove with ⅓ cup water and continue cooking until the juices are reduced almost to a glaze. Place the pork loin back in the pan and roll it in the glaze to coat well. Let cool at room temperature. When cool, slice thinly.

☐ Spread the rye bread slices with Dijon mustard. Mix together the mayonnaise and curry powder in a bowl and set aside. Cut very narrow strips of orange zest lengthwise from the oranges, then slice the oranges into thin rounds. Cut the zest away from several slices of the oranges to use as a garnish.

☐ Poach the eggs in simmering water, then drain on absorbent toweling. Place several slices pork on the bread and top with orange slices. Put a leaf or two of lettuce on the orange slices, then a poached egg on the lettuce—add a spoonful of curry mayonnaise. Garnish the sandwich with celery stalks, fluted scallions, decoratively cut daikon and carrot strips, and the reserved orange zest strips. Serves 4.

Ham and celery root sandwiches

INGREDIENTS

3 medium, young celery roots
Juice of 2 lemons
¾-1 cup mayonnaise
2 tablespoons sour cream
12 slices cooked ham
3 slices rye bread, each cut in half
3 slices pumpernickel bread, each cut in half
1 Jerusalem artichoke, peeled, sliced, and dipped in acidulated water
12 scallions
Radishes
Danish cress
Butter lettuce
Several carrots, finely julienned

METHOD

☐ Peel the celery roots and cut into fine julienne with a mandoline, in a food processor, or by hand. Mix the julienne with a few drops of lemon juice as you proceed to prevent discoloration. Mix together the julienned celery root, mayonnaise, and sour cream in a bowl.

☐ Lay all the ham slices out on a board and spoon equal amounts celery root on each. Roll the julienne mixture in the ham slices and place on halved bread slices that have been spread with a little mayonnaise. Place Jerusalem artichoke slices decoratively on the ham rolls. Serve three rolls per person. Garnish with scallions, radish flowers, and lettuce leaves filled with cress and julienned carrot. Serves 4.

Gravlax sandwich

INGREDIENTS FOR GRAVLAX

2½ pounds center cut fresh salmon, with skin on (2 fillets)
1 tablespoon sugar
2 teaspoons mixed black and white peppercorns
1 tablespoon sea salt
1 bunch fresh dill

INGREDIENTS FOR DILL MUSTARD SAUCE

3 egg yolks
3 tablespoons Dijon mustard
Freshly ground black pepper
1 cup vegetable or corn oil
½ teaspoon sugar
Juice of ½ lemon
2 tablespoons fresh snipped dill

INGREDIENTS FOR EGGS AND ASSEMBLY

4 eggs
Salt, black pepper
2 tablespoons butter
3 tablespoons heavy cream
Chopped dill
Black bread
Butter lettuce
Julienne of carrots, julienne of daikon
Dill sprigs for garnish

METHOD FOR GRAVLAX

☐ Bone the salmon and pat dry with paper towels. Mix together the sugar, peppercorns, and salt in a small bowl. Sprinkle a shallow flat dish with ⅓ of the sugar-salt mixture and place one of the salmon fillets, skin side down, on top. Lightly pound the dill stalks with the side of a mallet and spread over the salmon. Sprinkle with another ⅓ of the sugar-salt mixture. Cover with the remaining salmon fillet, skin side up, and sprinkle with the rest of the seasoning. Set a plate on top but do not weight the salmon. Cover with foil and refrigerate 3 days, turning the salmon each day. Baste with the juices that accumulate around the salmon.

☐ Remove the salmon from the dish and wipe off most of the marinade. Chop three of the dill sprigs used in the marinade and mix in a bowl with 2 tablespoons of the marinade juices, strained—reserve. Discard the remaining dill sprigs and marinade. Slice the salmon on the diagonal.

METHOD FOR DILL MUSTARD SAUCE

☐ Beat the yolks with the mustard in a bowl. Season to taste with pepper. Gradually beat in the oil in a slow steady stream, whisking constantly. Stir in the reserved dill and marinade juices, sugar, lemon juice, and fresh snipped dill.

METHOD FOR EGGS AND ASSEMBLY

☐ Beat the eggs lightly in a bowl with a dash of salt and pepper. Melt the butter in a double boiler over hot water, stir in the eggs, and continue stirring until they thicken slightly. Gradually stir in the cream and stir until the eggs are thick and very creamy, adding a little chopped dill as the eggs finish cooking.

☐ Use 2 slices of bread per person. Spread the bread with the dill mustard sauce, then place several slices of gravlax on the bread. Make a lettuce leaf shell on top of the gravlax and spoon in scrambled eggs. Garnish with carrot and daikon and sprigs of fresh dill. Serves 4-6.

Chicken sandwich

INGREDIENTS

3 double breasts of capon (14-16 ounces each)
Salt, freshly ground black pepper
Paprika
Flour
1 tablespoon butter

Continued on page 186

Homemade jam without cooking. Yum! Yum!

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GF GENERAL FOODS



30-MINUTE STRAWBERRY JAM

1¾ cups prepared fruit (about 1 qt. fully ripe strawberries)
4 cups (1¾ lbs.) sugar
2 tablespoons lemon juice
1 pouch CERTO® Fruit Pectin

Use any containers 1 pint or smaller that have tight-fitting lids. Wash, scald, and drain containers and lids; or use automatic dishwasher with really hot (150° F or higher) rinse water.

Stem and thoroughly crush strawberries, one layer at a time. Measure *exactly* 1¾ cups fruit; place in a large bowl or pan. Thoroughly mix sugar into fruit; let stand 10 minutes. Combine lemon juice and fruit pectin; stir into fruit. Continue stirring about *3 minutes.* (A few sugar crystals will remain.) Ladle quickly into containers. Cover at once and let stand at room temperature for 24 hours to set. Then store in freezer. If jam will be used within 2 or 3 weeks, it may be stored in refrigerator. Makes about 5 cups of jam.

Because this is a "no-cook" jam it will have a natural fruit color and a softer set that's easier to spread.



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Sandwiches

continued from page 184

1 tablespoon oil
1 cup mayonnaise
1 cup walnuts, chopped
½ cup sour cream
2 apples, cored and diced (do not peel)
1 cup celery, chopped or diced
Yogurt rolls (recipe below)
1-2 cucumbers, sliced paper thin

METHOD

☐ Remove skin and fat from the capon breasts. Mix together enough salt, pepper, paprika, and flour to dust the breasts. Coat them lightly with the mixture. Heat the butter and oil in a sauté pan, add the breasts, and sauté them 7-8 minutes on each side. Remove to a platter and let cool. When cool, slice the breast meat.

☐ Mix the mayonnaise, walnuts, and sour cream in a bowl. Combine the apples and celery in a bowl, toss with half the mayonnaise mixture. Spread rest of mixture on roll halves and top with sliced capon breast. Make a small nest of overlapping cucumber slices and fill with apple-celery salad to accompany sandwich. Garnish with carrot strips, cress, and lettuce leaves if you wish. Serves 6.

Yogurt rolls

INGREDIENTS

½ ounce fresh or 1 package dried yeast
½ cup lukewarm or hot water, depending on the yeast
½ cup plain yogurt
3 tablespoons honey
¼ teaspoon nutmeg, freshly grated
1 whole egg, beaten
1 teaspoon sea salt
3½ cups (15 ounces) all-purpose unbleached flour
½ cup walnuts, chopped
Egg wash—1 egg beaten with ½ tablespoon water

METHOD

☐ Dissolve the yeast in the water in the bowl of a mixer fitted with a dough hook or in the work bowl of a food processor. Stir in the rest of the ingredients except the salt, flour, walnuts, and egg wash.

☐ Sift in the salt and flour and process to knead the dough in the bowl. Add the walnuts and knead the dough until the nuts are well distributed and the dough is smooth, elastic, and no longer sticky. Cover the bowl with a towel and let the dough rise in a warm place for 60 minutes, or until almost doubled.

☐ Turn dough out onto a lightly floured pastry board, divide into 6 parts. Roll each piece into a ball, place on greased cookie sheet, 3 to a sheet.

☐ Let the dough rise again for 30 minutes. Press each dough ball down evenly to ½-inch thick and 6 inches in diameter. Brush each with egg wash and bake in a preheated 350° oven 25 minutes. Do not overbake—bread should be lightly browned and slightly soft. Cool on a rack. Makes 6 rolls. To use for open-faced sandwiches, slice off the top crust thinly, then cut horizontally in half. Spread the dressing between the slices, close, and arrange sandwich ingredients on top.

From Richard Irving

(page 172)

Meringue nut cake

(Gâteau Marjolaine)

INGREDIENTS FOR MERINGUE

6 ounces hazelnuts, shelled
6 ounces almonds, shelled
1½ cups sugar
8 egg whites
½ teaspoon cream of tartar

INGREDIENTS FOR BUTTER CREAM AND ASSEMBLY

1 cup sugar
8 egg yolks
2-3 sticks (1-1½ cups) sweet butter, cut into small pieces (have 2 sticks at room temperature and the third chilled)
3 ounces semisweet chocolate
1 ounce unsweetened chocolate
1 teaspoon vanilla
¼ cup praline powder (made by caramelizing 2 cups sugar, 1 cup almonds, 1 cup hazelnuts)
3 ounces almonds, toasted and ground
Confectioners sugar

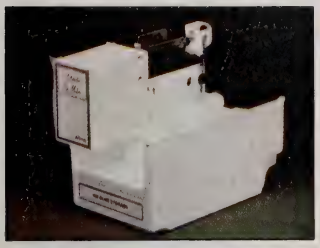
Continued on page 188



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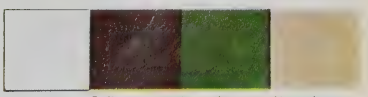
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Sandwiches
continued from page 186

METHOD FOR MERINGUE

☐ Roast the hazelnuts and almonds on a baking sheet in a preheated 350° oven until brown. Let them cool, skin them, then grind them in a nut grinder or food processor. (Do not overprocess, or the nuts will become a paste.) Mix with 1 cup of the sugar in a bowl and set aside.

☐ Butter and flour a 12-by-16-inch baking pan. Line the bottom with parchment paper. Beat the egg whites with the cream of tartar in a large bowl until stiff, then beat in the remaining ½ cup sugar by tablespoonfuls. Fold in the sugar-nut mixture carefully. Do not overfold and deflate the whites. Pour into the prepared pan and spread the mixture evenly. Bake in a preheated 350° oven 25 minutes. As soon as meringue begins to get crusty, bake 5 minutes more. It should have the texture of a macaroon. Let meringue cool completely in the pan on a rack. Run a knife around the edge and flip it out onto a tray or rack and peel off the parchment paper. Use this as the side to ice. Cut the meringue into 4 pieces, 4 by 12 inches each.

METHOD FOR BUTTER CREAM AND ASSEMBLY

☐ Stir the sugar together with ⅓ cup water in a saucepan, bring to a boil, and boil without stirring until the syrup reaches 240°. Beat the hot syrup slowly into the egg yolks in a bowl; continue beating until mixture is thick and cool. Gradually beat in 2 sticks butter and taste. Add third stick only if you think it needs it. Don't let mixture become greasy.

☐ Melt the semisweet and unsweetened chocolate together in a small saucepan over very low heat and let cool. Combine ½ the butter cream with the chocolate in a bowl. Combine ¼ of the butter cream with the vanilla in another bowl. Combine the remaining ¼ of the butter cream with the praline powder in a third bowl.

☐ Spread the butter creams on 3 meringue bands, one flavor on each band (use only half the chocolate), and chill. Place the bands on top of each other and set the remaining band on top. Spread the remaining chocolate butter cream around the sides of the cake. Press the toasted ground almonds onto sides of the cake and sprinkle with confectioners sugar. Chill several hours but take out of refrigerator ½ hour before serving. Serves 10.

From Michel Richard

(page 172)

Strawberry napoleon

INGREDIENTS FOR PASTRY CREAM

1 cup milk
½ vanilla bean
3 egg yolks
2 ounces granulated sugar
1 ounce pastry flour

INGREDIENTS FOR ASSEMBLY

1 pound puff pastry, prepackaged frozen, or homemade (Michel Richard's proportions: 1 pound pastry flour, 15 ounces sweet butter, ¾ ounce salt, 1 cup water—use half and freeze half)
½ cup heavy cream, whipped
4 ounces butter, softened
1 pound strawberries, hulled
3 ounces confectioners sugar
Fresh lemon juice, strained (optional)
3 ounces semi-sweet chocolate
Fresh mint leaves

METHOD FOR PASTRY CREAM

☐ Bring the milk and vanilla bean to a boil in an enameled saucepan, then remove from the heat and strain. Mix together the egg yolks, sugar, and flour in a medium-sized bowl at medium speed until sugar dissolves and mixture forms a ribbon when beater is lifted—add the hot milk slowly and continue mixing until it is incorporated. Rinse and dry vanilla bean and reserve for another use.

☐ Pour the mixture into a saucepan, place over medium-low heat and bring to a boil. Boil slowly 1 minute whisking vigorously. Remove from heat, pour into a bowl, film with butter to prevent a skin forming, let cool, and refrigerate. Makes 1½ cups pastry cream.

METHOD FOR ASSEMBLY

☐ While the pastry cream is chilling, roll out the puff pastry to ¼-inch thickness—the sheet should be large enough to cover a baking pan about 11 by 17 inches. Pierce the dough all over with a fork so it won't rise, and bake in a preheated 350° oven 45 minutes. The dough should be caramelized but not overcooked. When done, divide the dough into 3 equal pieces and let cool on a rack.

☐ Blend the whipped cream and softened butter into the pastry cream in a large bowl. Divide this cream, which is now napoleon cream, into 4 even portions. Spread ¼ of the cream evenly across the first ⅓ of the cooked pastry (mille–feuille). Place hulled strawberries close together, stem side down, on the napoleon cream. Spread second ¼-portion of cream over the strawberries to fill in the gaps.

☐ Place the next piece of mille–feuille on top and repeat with cream and strawberries. You should finish with the third piece of mille–feuille on top.

☐ Mix the confectioners sugar together with 2 tablespoons hot water in a small bowl. Add a few drops lemon juice to taste, if desired. Blend until smooth, then spread the icing on the top layer of mille—feuille. Melt chocolate over low heat in a small, covered saucepan. Cool slightly and spoon into a small pastry bag with a very small round tip. Pipe a squiggly band of chocolate around the top of the cake. Place cardboard against the sides of the completed napoleons to hold them together and refrigerate 30 minutes. To serve, cut the



napoleon with a hot serrated knife, slicing on all four sides for attractive pieces. Garnish with fresh or glazed strawberries (see May House & Garden, page 216) and mint leaves.

From Devon Fredericks

(page 172)

Scrambled eggs and caviar

INGREDIENTS

4 tablespoons butter
2 eggs
2 tablespoons cream cheese
2 slices pumpernickel bread
2 tablespoons black or red caviar
½ teaspoon fresh dill or chives, chopped

METHOD

☐ Melt 2 tablespoons butter in the top of a double boiler over hot water, stir in the eggs and cream cheese, and cook over medium heat, stirring constantly, until the eggs begin to set.

☐ Toast the bread and butter it lavishly. Pile the eggs on one piece of the toast, spoon on the caviar, and sprinkle with the dill or chives. Cut the other piece of toast into 2 pieces and serve on the side. Serves 1.

Grilled cream cheese and jelly

INGREDIENTS

Cream cheese
2 pieces white bread, thickly sliced
Strawberry or raspberry jam
2 eggs
1 cup milk
1 teaspoon vegetable oil
Butter

METHOD

☐ Slice the cream cheese into ⅛-inch slabs and arrange them so that they cover the surface of the bread. Spread jam over the cream cheese and cover with the other slice of bread. Press down on the sandwich with the palm of your hand.

☐ Beat together the eggs and milk in a bowl. Rub the oil into a frying pan, then melt 2 tablespoons butter in the pan. While the butter is melting, dip the sandwich into the egg-milk batter. Fry the sandwich over medium heat until golden brown, then turn over and fry the other side. Cut into 2 triangles and serve. Serves 1.

Apple and peanut butter sandwich

INGREDIENTS

1 red Delicious apple
Peanut butter

METHOD

☐ Cut the apple into 4 circles. Spread the cut side of the bottom circle with peanut butter, press the second circle into the peanut butter, and then spread the top of that circle with peanut butter. Continue in that order until you have reassembled the apple. Eat slice by slice. Serves 1.

Baked salami on cinnamon toast

INGREDIENTS

4 slices Genoa salami
2 pieces rye bread
Butter
Cinnamon sugar

METHOD

☐ Put the salami on a wire rack over a roasting pan and bake in a preheated 400° oven 10-12 minutes, or until salami changes color and begins to harden. Remove to paper towels.

☐ Toast and butter the bread, sprinkle with cinnamon sugar, and tilt the toast to shake off excess sugar. Lay the salami on one slice of toast, cover with the other slice, cut in half, and serve. Serves 1.

From Richard Simmons

(page 175)

All of the lettuce and cabbage leaves and the sliced jicama for these sandwiches should be trimmed to a circular shape, placed in a bowl of very cold water, and set in the refrigerator to crisp before filling.

Scarlett O'Hara

INGREDIENTS

10 fresh green beans, julienned
Dill sprigs, chopped
Juice of ½ lemon
Freshly ground black pepper
Red cabbage leaf
3 cherry tomatoes, sliced
½ cup fresh bean sprouts

METHOD

☐ Place the beans in a steamer over simmering water, sprinkle with dill and the lemon juice, and steam 4-6 minutes. As soon as steam begins to rise, sprinkle the beans with pepper. Let the beans chill, covered, in the refrigerator until cold.

☐ Stuff 1 large red cabbage leaf with the beans and top the beans with sliced cherry tomato and sprouts. Serves 1.

Papaya chicken sandwich

INGREDIENTS

1 chicken breast, skin removed
½ papaya
Freshly ground black pepper

Continued on next page



Sandwiches
continued from page 189

Several small sprigs parsley
Seedless green grapes
1-2 leaves iceberg lettuce

METHOD

☐ Steam the chicken breast over rapidly simmering water about 11 minutes, until done but still tender and moist. Chill, covered, in refrigerator until cold.

☐ Remove chicken meat from the ribs in strips. Scoop the flesh out of the papaya and purée in a food processor or blender. Mix the purée and slivered chicken together in a bowl with pepper and parsley to taste. Slice several grapes and add to the chicken. Stuff mixture in iceberg lettuce leaves. Serves 1.

Savoy cabbage sandwich

INGREDIENTS

1 small can tuna, water-packed
½ cup pineapple, chopped
2 teaspoons almonds, sliced
2 tablespoons onion, chopped
Pinch dill
2 tablespoons plain yogurt
1 large savoy cabbage leaf

METHOD

☐ Drain the tuna of most of its water and combine with the pineapple, almonds, onion, dill, and yogurt in a small bowl. Mix together well and spoon into the crisped cabbage leaf. Serves 1.

Jicama sandwich

INGREDIENTS

(Jicama is a vine native to Mexico—the large roots, similar in flavor to sweet potatoes, can be eaten raw or cooked)
1 jicama root, peeled and sliced
Juice of several limes
Several slices tomato
Darkest leaves of garden lettuce
Several slices cucumber
2 slices avocado, dipped in lemon juice

METHOD

☐ Refrigerate the sliced jicama in a bowl of cold water to which lime juice has been added. When crisp, drain, place tomato and lettuce on one piece of jicama, top with another piece of jicama, stack with cucumber and avocado slices, and finish with a third slice of jicama. Serves 1. ■

Meal in minutes
continued from page 168

½ tablespoon capers
6 anchovy fillets
3 pieces pimiento, cut into 12 strips
12 green Spanish olives
12 black olives (preferably Gaeta)
Salt, freshly ground black pepper

METHOD

☐ Drain all salad greens well, combine in a large bowl, and toss with ½ cup of dressing. Arrange the remaining ingredients attractively on the greens and spoon the rest of the dressing and the oil from the tuna over the completed salad. Season with salt and pepper. Serves 6-8.

Trattoria dressing

INGREDIENTS

1 quart olive oil
⅔ cup red wine vinegar
1 egg yolk
¾ tablespoon Dijon mustard
1 tablespoon parsley, chopped
Generous pinch oregano
Generous pinch thyme
Generous pinch dried basil, or 4 leaves fresh basil, finely chopped
Generous pinch dried tarragon, or 4 leaves tarragon, fresh or preserved in vinegar, finely chopped
1 mint leaf, finely chopped
Pinch nutmeg
Pinch paprika
Salt, pepper
¾ tablespoon A-1 sauce
¾ tablespoon Worcestershire sauce
6 drops Tabasco sauce

METHOD

☐ Mix oil and vinegar in a large bowl. Use a wire whisk to mix in egg yolk, mustard, herbs, spices, and sauces, and beat until dressing has a smooth, velvety consistency. This can also be done in a food processor. Makes approximately 5 cups.

☐ *Note:* This dressing can be refrigerated for at least a month if kept tightly covered but should be mixed well every time it is used. ■

Home-smoked foods
continued from page 83

☐ Feed the casing onto the funnel and tie a knot in the end. Check that there is no air in the casing. Start feeding sausage mixture into the grinder slowly and evenly to avoid air pockets. Hold the casing firmly in one hand (having an extra person, one to feed sausage and one to work with the casing, makes the job much easier). Pack sausage meat solidly into casing. If air holes do happen, prick them with a pin. Since sausages shrink when cooked, the meat will not leak out of the casing.

☐ When about 5 inches or so of casing have been filled, form the first sausage by twisting it around completely 360° 4 times. This should be sufficient to keep it tight. Fill another 5-6 inches and twist again, but this time in the opposite direction, 4 full turns. Doing the work on a low counter will be helpful as well. Continue until all the sausage mixture has been used. ■

Herb teas
continued from page 102

it needs to be brought indoors in very cold climates and coddled through the winter as a pot plant. Use the leaves.

Mint (Mentha) teas come in a large variety, including spear-, pepper-, apple-, orange-, and pineapple-. All mints are perennials and easier to grow than to stop. Their roots are invasive, traveling far and wide, so restrain them by using some sort of container, even outdoors. Start by rooting cuttings in the spring (fall in warm regions), or buy young plants of a variety that appeals. All will thrive in a shady spot with the soil fairly rich and not too dry. Use the leaves.

Rosemary (Rosmarinus officinalis), dew of the sea is found throughout the world in wedding and funeral ceremonies where its piny flavor is tasted "for remembrance." Rosemary is a sun-loving evergreen that flourishes best in poor, sandy, well-drained and limed soils, but since it is tender, you should grow it in a pot and bring it indoors during the cold winter months. Propagate by seeds or cuttings. Use the needle-like leaves.

Sage (Salvia officinalis) has a pleasing astringent taste. This basic kitchen herb can be grown from seeds or cuttings. It reaches a height of roughly 2 feet and has gray-green pebble-textured leaves and clusters of lilac-blue flowers. Sage is a perennial, a lover of semi-shade and dry, poor soils that are well-drained and limed. Use the leaves.

Common thyme (Thymus vulgaris) has a gentle, sweet-sour flavor derived from a small perennial shrub that, with a lot of sun, grows willingly from a tiny seed (there are about 170,000 to the ounce) or cuttings planted in a calcareous dry soil and coolish temperatures. The lemon variety (citriodorus) is more usually chosen for tea making. Use the leaves.

Where to buy tea herbs

In addition to a range of basic herbs that can be obtained from any large seed company, there are some herb farms, including:
Hilltop Herb Farm
PO Box 1734
Cleveland, Texas 77327
Nichols Garden Nursery,
1190 North Pacific Highway
Albany, Ore. 97321
Capriland's Herb Farm,
Silver Street
Coventry, Conn. 06238
(Send a stamped, self-addressed envelope for catalog) ■

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Winning is everything
continued from page 150

the best incentive, that it's a terrific motivator. He also points out that many people think the phrase means "winning at all costs," a behavior no one condones. Poor sportsmanship was never intended by this kind of literal "pep talk." Dr. Laurence Morehouse, author of *Total Performance* says, "Lombardi would have used the competitor as a stimulus for the team spirit, as a way to bring each player to peak performance. Winning means *being* at your best."

Dr. Vandeweghe stresses the importance of *a series of little wins* in his book, *Growing With Sports* (Prentice-Hall), which he wrote, with George L. Flynn, for parents who want to help their children find a sport they can stick with. He describes the ideal learning situation for children but the advice applies perfectly to adults: "When you're teaching anyone something new, look for one aspect you know he'll be able to do really well. Create some situation he can win at and you'll be amazed at how his enthusiasm and stick-to-it-iveness will grow." Says Dr. Morehouse, "There's no fun unless there is an opportunity that allows you to show your skill, get credit for your performance, or develop your abilities as a mature strategist. Games and sports in youth provide the testing ground."

Dr. Morehouse continues, "Man appears to have a need to win, a need to test his capacity." The next time you're at the beach or in a park where there are children, watch how they seem to almost naturally choose teams, define the rules, and then set about the game. Children have little experience at controlling their desire to win. Games and sports are also places where they learn the rules that will carry them through life. Adults need to be reminded of this as much as children.

"Winning *is* everything," says Dr. Vandeweghe, "if we define it as an endless goal composed of tiny successes that train and condition a person to expect victory, and if we define winning as the result of devoting oneself to being successful. True winning is making the winning effort." ■

. . . or is it
continued from page 151

out of style in today's world, this wonderful, growing and shrinking, changing and still seeming the same, evolving cosmos, with its interaction of people, ideas, and knowledge. There is a new sense of sharing and cooperation abroad in the world. The so-called global village makes cooperation more graceful and more effective than cutthroat, sudden death competition and heavy-muscled power plays. I might even say that we are in a whole new ballgame, which affects our lives in their totality, including our attitude to sport.

Fortunately, this is a question which is engaging the minds of many qualified people, and in our search we are not without guidelines and role models. Dr. Jean Houston, who with her husband Dr. Robert Masters directs The Mind Research Foundation in upstate New York, is both a philosopher and a physiologist, and the combination of these two disciplines—the study of mind and body—has led her to a fascinating contagious optimism about the challenges of the time we're living in.

Based on a large study, with Margaret Mead, of people she calls "high actualizers"—people who have shown high level creativity and accomplishment—she has found components in their mind sets:

"First of all, they don't think in terms of competing, in terms of winning and losing. They have a sense as if everything that is necessary is available. They recognize options and opportunities. Never before in human history have you had so many options and opportunities available. I find that most people just don't see them. But I remember Margaret Mead, and so many others I've known, who have recognized these options, and they act on them, and they don't have the usual kind of inhibitory structure. Most people I know have a terrible self-consciousness which inhibits their actions, because they think the whole world and everything depends on anything they may or may not do. But in these actualizers, there is essentially a whimsical attitude toward the world. There is almost a comic sense, homo ludens, man the player. Man works much better when he is in a playful mood."

He also plays much better when he is in a playful mood. This is the main thrust of Timothy Gallwey's book "Inner Tennis. Playing the Game" (Random House, 1977, $8.95). He too underlines the adverse effect of self-consciousness, the ego. He too denies that winning is the main objective of playing a game. If it were, there would be no problem. You can win inevitably, he declares, if you always play against people who are not as good as you are. "It's the sure way to win." But, obviously, none of us is interested in that kind of contest: We want to beat somebody who is better than we are. We want something more than mere winning. "If you want to get philosophical about it," Mr. Gallwey tells me, "I don't think society knows what winning is. We're playing games, but we don't know what the purpose of human life is. The desire to win, as I see it, is a kind of substitute for that real winning, for what would really bring satisfaction."

Anxiety about winning, which is really anxiety about losing, is one of the factors that keeps you from winning, Mr. Gallwey says. If you can lose that anxiety you still may not win, but you will play a better game. Anxiety comes from self-consciousness, the feeling that something will be as damaging to your ego as looking silly or inadequate. Putting that anxiety aside "takes away a lot of the pressures that can build up in game, because then games are games again." This is exactly the spirit of homo ludens.

Another trouble with win-lose is that it is so limiting. Losing is the only alternative to winning. Winning brings very transitory satisfaction. The euphoria only lasts until the next contest. You're only as good as your last victory. And winning becomes tougher, because you are in the number one spot now, and you are expected to win. This expectation produces all kinds of psychological reactions: It's that much harder to be relaxed when you're living up to your own and other people's expectations. And, on the other hand, when you lose, well, you have *lost*. It's the end, there's nowhere else to go.

But for Jean Houston, and her high actualizers, failure has a whole other connotation. It can be the moment of opportunity. Often at the moment of seeming failure, all the other options come in. "It's almost a natural law of the universe that when one door closes about seven flow open." The high actualizers regard failure as a release, a state of freedom. In our win-lose culture, we are conditioned to look at only one door of possibility. It's a shut-out situation. The actualizers have a different perspective on reality. "Their achievement looks like spirals, not straight lines. They don't think of it as achievement, or success or failure. They think of it as doing. It's living. It's not winning any more. It's fulfillment, which is very different from winning."

These people, then, have gone a giant step beyond win-lose. They are, as Dr. Houston puts it, into the psychology of abundance; they sense that there is enough for everyone to share. This sense comes from, of course, in part some inborn quality, but it is reinforced by the new discoveries in science, especially in physics. "We now know," remarks Dr. Houston, "that we live in a totally limitless universe, and we are part of that limitlessness. We used to say that the whole was made up of the sum of its parts. In terms of the new physics, the new physiology, we now say that each part might actually contain the whole." This concept opens up whole realms of thought and conjecture. Jean Houston and Timothy Gallwey both speak of learning to trust life, to commit to life, to lose our fears. We can learn to change.

Jean Houston says, "Evolution is a fact about every moment of our existence. Change is occurring constantly.

Continued on page 194


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. . . or is it
continued from page 192

Wherever you look deeply, there is life surging, thriving. You are greater by far than anything you can imagine. It's irresistible. You find that when you begin to commit to life, life begins to commit to you. There's a reciprocity. You will find the appropriate ideas, practices, disciplines. Our culture is rich, and you begin to recognize what is appropriate for you."

One practice that Houston recommends is something she calls Fair Witness. It is a method by which you spend a little time at the end of each day, going over the day's events. You are fair to yourself, not judgmental, because you are looking for connections, you are recognizing patterns of moods and behavior. You don't see everything as positive or negative, rather everything as interesting. You are harvesting yourself; you don't get ecstatic. "Most of us don't grow very much," Dr. Houston believes, "because we literally don't harvest. We make the same mistakes over and over again." Fair Witness is a way of learning and putting your life together. "And then, so-called competition or winning and losing look kind of silly. You've become much more of an ecological system, part of a much larger picture. Once we have that larger picture, so many more things become possible. We are not on the line, to use the sport term. We are part of a flowing melody." We become not so much self-conscious as self-aware; we acquire a kind of creative detachment, and within this larger framework we can accomplish much more. And we also acquire a sense of confidence: The larger picture supports us.

"Confidence," says Timothy Gallwey, "is something that comes when you learn to trust your own potential, and by seeing what it can do, you gain trust in it. You just concentrate, and not worry about hitting that tennis ball."

There is another element in all this, too: the X-factor, that unexpected event which mitigates against disaster. Jean Houston put it this way: "Throughout history there has always been the X-factor, the creative, positive factor, which has always saved us. It is the nature of life to survive. We may get into binds, but the fact is we do survive."

Perhaps this is the point: We do survive, we do go on—even if we lose the game. Remember that high actualizer William Shakespeare, "There are more things in heaven and earth, Horatio, than are dreamt of in your philosophy." Never have these words been more significant than in today's world. To discover those "things" is a goal for everyone. In the process we can all become winners, sharing in the abundance of the limitless universe. ■

Why men cook outdoors
continued from page 141

Foremost is the urge to eat (you've probbly felt it yourself when you're alone nd your steady phones to cancel your ate), but even stronger is a male drive, /hich any married woman understands nly too well, and that is the urge to *how off*.

Yes, men would probably do nothing t all if there weren't people around to /atch them, and the Cookout, giving 1em the visibility of high priests or 1atadors, allows them in addition that ratifying sensation of being a Good Joe, f being sociable in a highly watchable /ay. It is a baronial sociability, to be ure, like the viscount allowing Easter gg hunts for the tenants' children on 1e manor lawn, but, after all, infor-1ality to guests has always been some-ow insulting and flattering at the same me. If racing is the sport of kings, then ntertaining is the sport of men who /ould be kings, and the economical anoply of the Cookout combines the ugged and the regal in a way that few f the less fair sex can resist.

So, men barbecue to indicate superior-y and pacifism simultaneously. Known ntisocial types (e.g. John Wilkes Booth, t. Simon Stylites, Ivan the Terrible) are otorious noncookout fanciers (or at ast won't wear the apron), whereas 10st Presidents are photogenically ond of the custom. Hermits tend to be elpless with three-wheeled grills and ong strips of wieners, though some aoist monks do man a mean hibachi. t is safe to assume, then (especially if ou're insured), that the Cookout is a ort of ongoing Club Function, a rite of ormalcy that betokens dependable ibesmanship. This may be completely 1correct, but it's an assumption we can 1ake in safety since it costs us nothing.

Furthermore, to barbecue is a safe /ay to "win your antlers," as ethologists ke to say (to each other, since they ave no other friends). A man gets the dmiration of the Hunter when all he is t a Cookout is a Gatherer. True, his ob at the Firm may require some fairly avage hunting to earn the money to ather the steaks, but that involves an-ther realm of behaviorism and to study would require a building pass. Suffice it o observe that few men have met their 1atch in a struggle to subdue a set of pareribs, yet the ravaged aftermath al-/ays suggests triumph: bones strewn in 1e grass, man yawning and picking his eeth, etc.

Finally comes the most elusive aspect f the appeal of outdoor cooking—its sthetic attraction. It is commonly cknowledged that a man prefers piny-/oods colognes to being dumped out in 1e piny woods to smell them; he likes good rassle as much as the next man, provided it is the next man who does all the rasslin'. In short, he is adventurous, but lazy, and cooking outdoors is an idyllic compromise between the Wild and the Cushy. Consider the atmosphere: a Styrofoam ice chest full of beer (refrigerators and glasses are left behind with the rest of civilization), paper plates (the true barbarian throws away everything, leaving nothing behind to wash), and ample outdoor opportunity to roughhouse and horseplay with his hirsute fellows from "beyond the hedge." Charcoal smoke decks all present in a pungent, virile smell, and people talk in loud voices. The adult male has a crucial need to play, but so little aptitude for it, the hybrid carrying-on of a cookout serves his desires and limitations in perfect synchrony.

Why is it, one wonders, that men love to barbecue but for the most part dislike cooking in the kitchen? Why do children love swimming pools but hate bathtubs? Why do teens despise the meaningless specifics of history but willingly embrace the meaningless specifics of rock music lyrics? Perhaps our cantankerous chromosomes have a taste for unfamiliar (albeit riskless) settings imposed on familiar routines. After all, breakfast-in-bed and candlelight dinners are just everyday occurrences with a slight twist to make them exciting. Some people like to kiss in trains and elevators. You get the picture.

So, men like to cook outdoors not because they like to cook, and not because they like to be outdoors, but because the playful mixing of the two satisfies a male taste for the incongruous. Besides, juxtaposition is about all the exercise man can stand. ■

The Concorde
continued from page 119

firm your reservation 72 hours in advance or the computer will cancel it automatically—something Americans often forget about air travel in Europe. The other thing to remember is that Concorde passengers are permitted the normal first-class baggage allowance of 66 pounds. (Though U.S. airlines now only care how many suitcases you are checking, many European airlines with which you may connect once in Europe still go by weight.)

"Waiting to board for the flight home, I wandered through the Charles de Gaulle food shops. Was tempted by an array of delicacies in tins—at tax-free prices—like truffles and caviar. Air France treats all its Concorde passengers like celebrities. It's almost as though we were taking a private plane. Even the small, cozy cabin adds to the feeling that it's really a private jet.

"This leg of the trip is perhaps the most dramatic, not only because the trip normally takes 8 hours plus in subsonic aircraft, but also because of the curious time change. Leaving Paris at 11 A.M. we arrived in New York before we left at 8:45 A.M. That early we were able to go right through customs. (We're given special folders for our passports and customs declarations. Remember, U.S. citizens—that includes children—have a $300 duty-free allowance. To avoid surprises on high-tariff items like embroidered goods, clothes or fabrics, or household goods made from 100 percent cotton or wool or silk, children's toys etc., write the Superintendent of Documents, U.S. Government Printing Office, Washington, D.C. 20402 and ask for pamphlet #048-002-00062-5 or visit a local passport office.) I was home by 10 A.M., had the whole day to unpack and unwind, at 5 took a nap, afterward went out to dinner. The next day there was little jet lag, only the euphoria of the trip." Round-trip from New York, $1,880. N.R. ■

News
continued from page 111

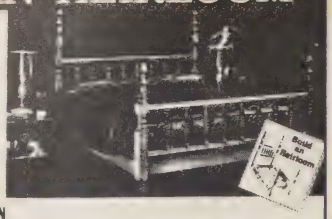
Chester County, the Chadds Ford Museum, and in nearby Delaware, Winterthur, which has an excellent collection of Pennsylvania antiques and folk art.

For contemporary Pennsylvania crafts, Pat Hornberger, publisher of *Antique Collecting* recommends the craft festivals held every summer. (Two of them: the Kutztown Festival in Bucks County, June 30-July 7; also the Farm Museum of Landis Valley, Lancaster County, June 16-17.)

Local farmers' markets offer a mixture of junk, contemporary crafts, regional cooking, and the occasional antique find. The Central Farmer's Market, 240 years old and renovated in '76, Penn Square, Lancaster, is open Tuesdays and Fridays, 6 A.M.-4 P.M. For crafts: Meadowbrook Farmer's Market, Rte. 23, 5 miles east of Lancaster, Friday, Saturday; also the People's Place, open daily except Sunday, in Intercourse, Pa. For antiques: Green Dragon Farmer's Market, off Rte. 272 north of Ephrata, Fridays; Renninger's, Rte. 272, near Denver, Pa.—open Sunday; Black Angus Market, Rte. 272, Adamstown—open Sunday; Shupp's Grove, daily 8 A.M.-5 P.M., Rte. 897, Adamstown.

Restaurants: In Lancaster, Groff's Farm Restaurant, Mount Joy. The Chadds Ford Inn in Chadds Ford, the Marshallton Inn in Marshallton, the Mendonhall Inn on the way to Winterthur. *Roadfood*, Jane and Michael Stern's diner and country restaurant directory, recommends the People's Restaurant in New Holland for an honest interpretation of Pennsylvania Dutch food. Specialties: shoofly pie and Lancaster sausage, of course, also funnel cake and fasnachts, scrapple, and fresh chow-chow. *(Continued on page 219)*

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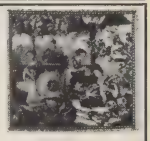
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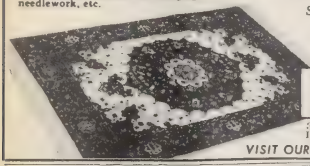
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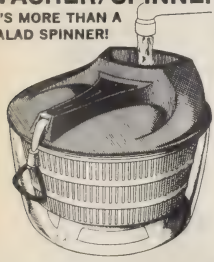
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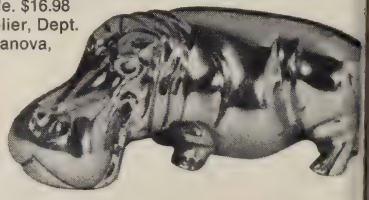


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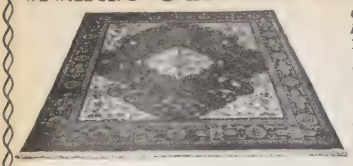
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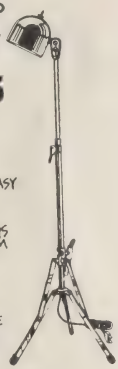
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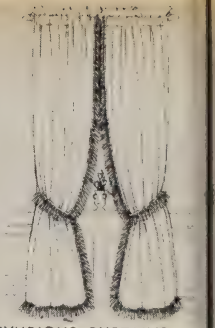
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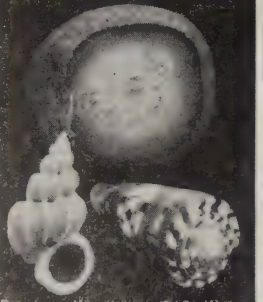
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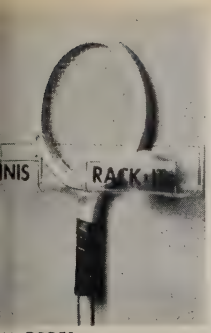
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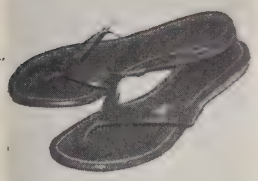
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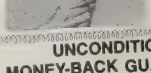
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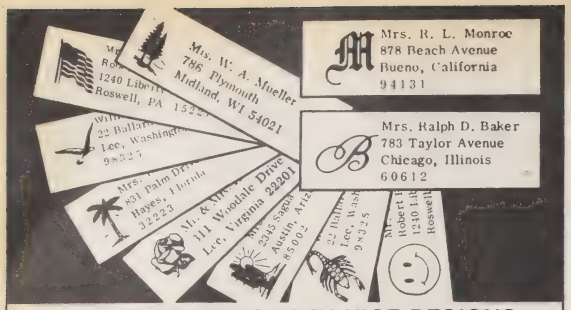
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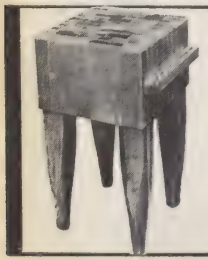
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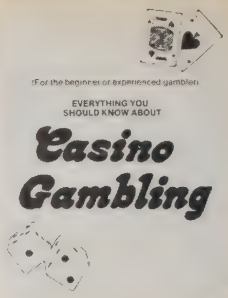
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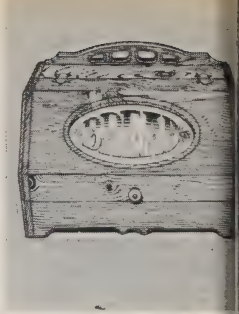
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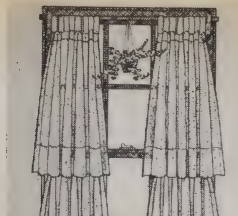
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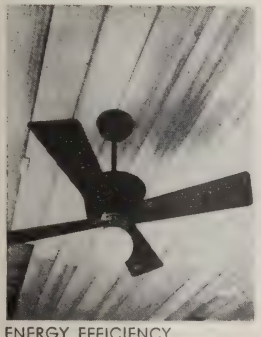
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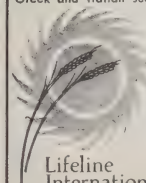
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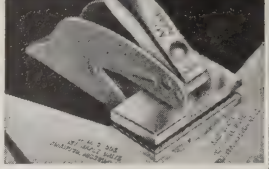


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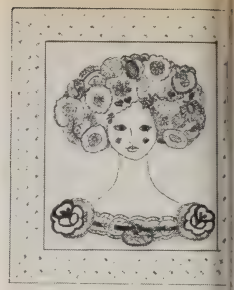
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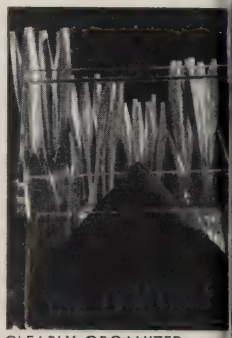
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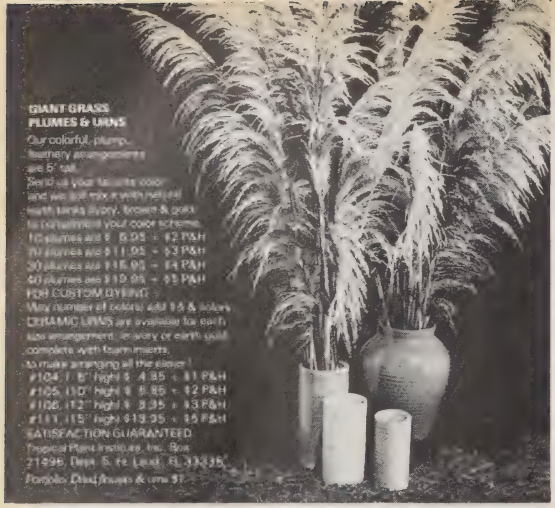
TWO BY TWO

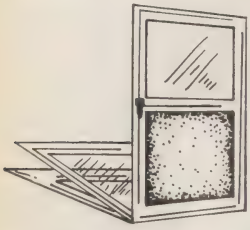
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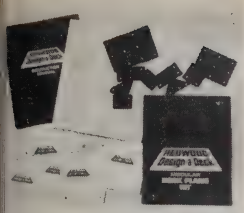
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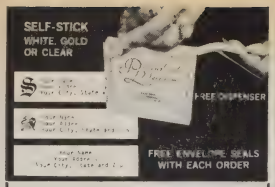
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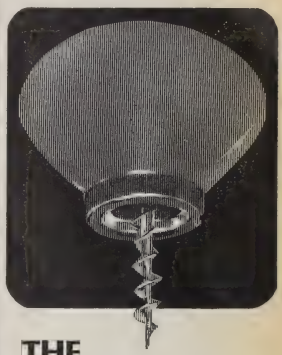
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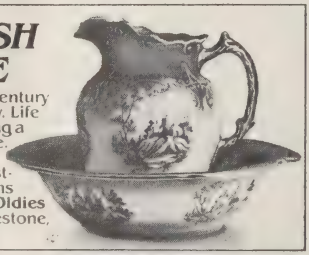


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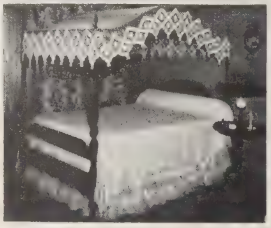
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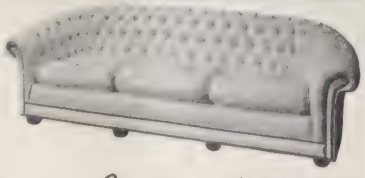


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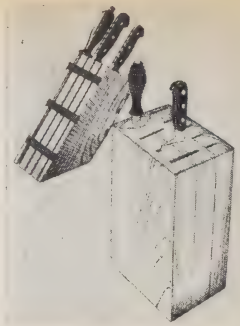
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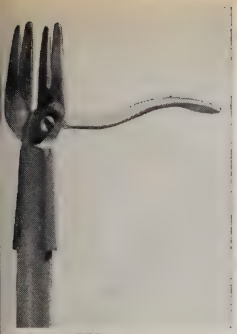
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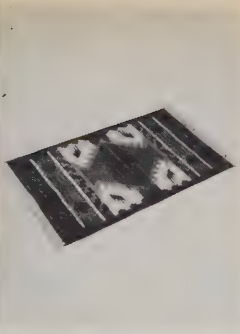
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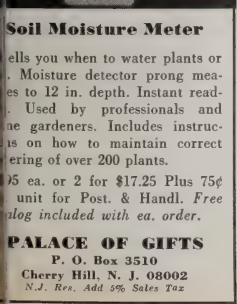
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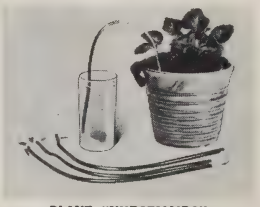
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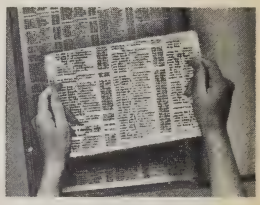
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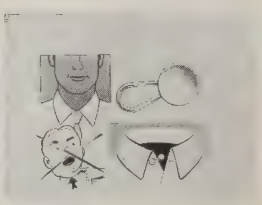
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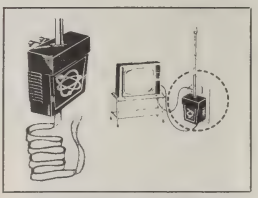
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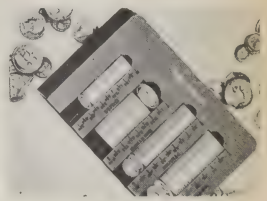
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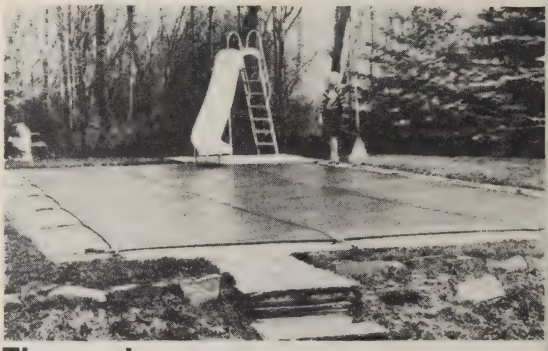
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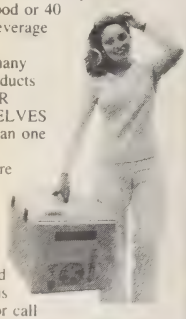
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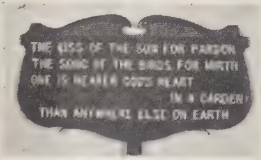
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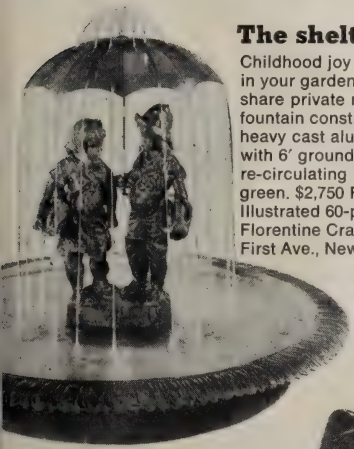
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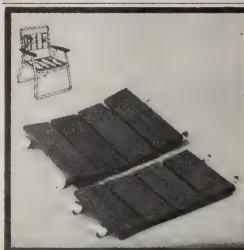
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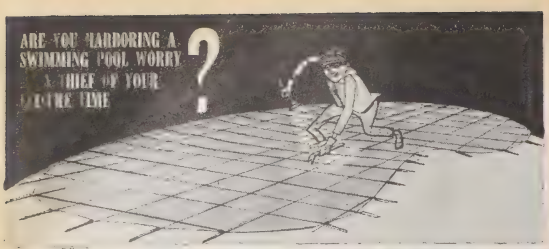
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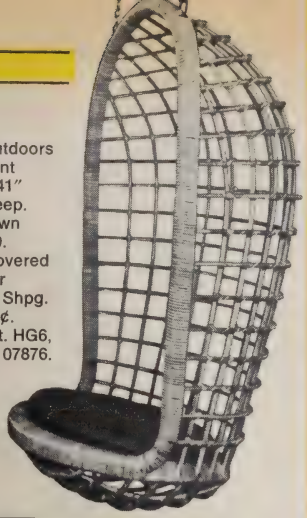


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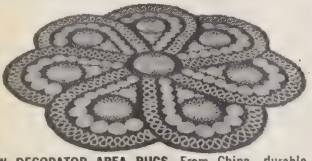
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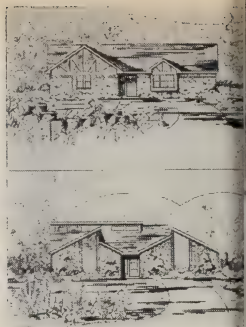
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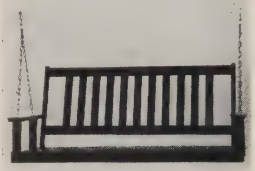
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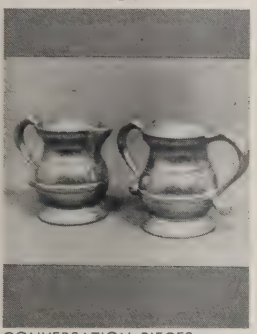
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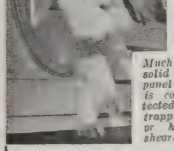
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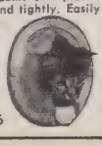


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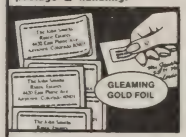


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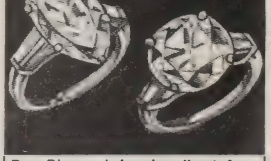


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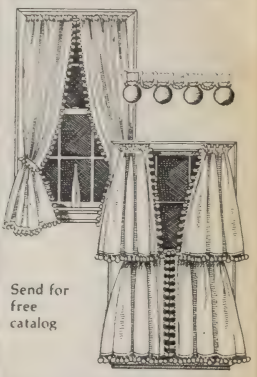
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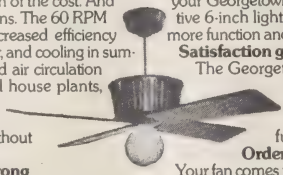
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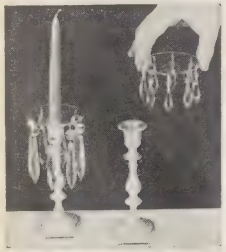
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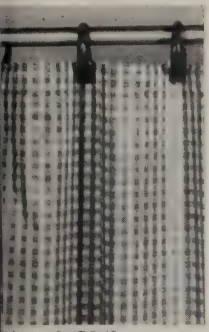
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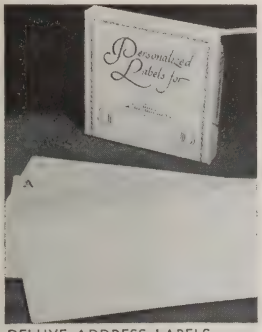
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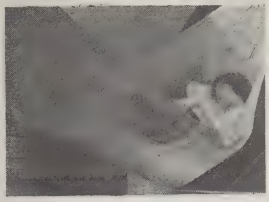


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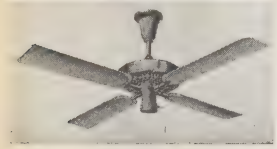
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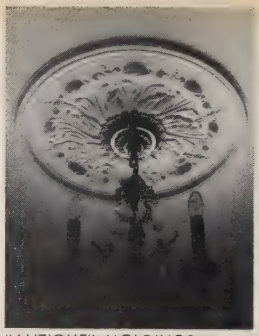
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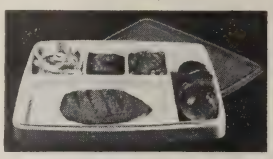
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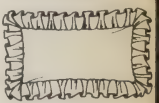
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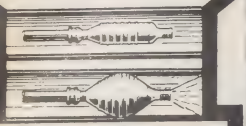
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A cook, busy or not, cannot help but be enchanted with an expandable stainless steel spatula which, with flick of a thumb, turns into three attached spatulas. Fish need not fall apart when it is turned over on the broiler, nor do pancakes, eggs and other soft foods that are wider than the average spatula. Send $3.25 ppd. Gourmet cookware catalog available 25¢

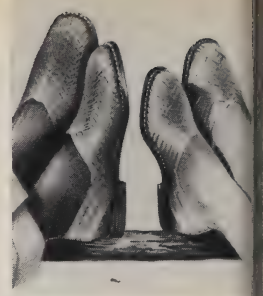
In Julio's Kitchen - Dept. 28
1527 Weaver Street
Scarsdale, N.Y. 10583

SHOPPING AROUND



FOOD LABELS

Self-adhesive labels for freezing or canning have room for date, contents. Yellow with brown ink, 2½" by 1¾". Personalized (up to 20 letters, spaces): 125 for $4.95, 250 for $9.45. Not personalized: 125, $3.50; 250, $6.50. Add 50¢ post. Bruce Bolind, HG6, Bolind Bldg., Boulder, CO 80302.



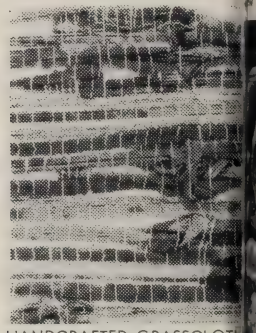
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Huaraches have uppers of genuin steerhide thongs, woven in neve repeated patterns. Leather sole so relaxing. Natural beige. Sen size or foot outline; all sizes f men, women, children. $12.9 ppd. Add $1 for men's over-1 sizes. The Old Mexico Shop, HG Patio 2, Santa Fe, NM 8750



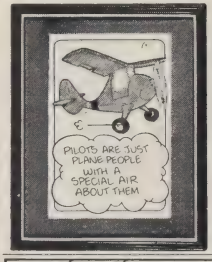
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Keep rings in place on finger with Ring-Insert-Guard-Sizer. Will hold rings in place simply, effectively. Vinyl liner slides inside ring after it's on. Works for any size ring, any finger, woman's, man's. Holds boys' rings in place on girls' fingers, $4 ppd. Rigs, HG6, Box 1039, Longmont, CO 80501.



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Whimsical, full-color plaques to give to speci friends. One features a smiling airplane and proud declares: "Pilots are just plane people with a speci air about them." The other depicts a grinning addin machine and the observation: "Accountants a important sumbodies with well balanced perso alities." Both framed plaques are 9½x12" and rea to hang. Satisfaction Guaranteed.

#HU-5005 Pilot..... $5.95 postpa
#HU-5007 Accountant..... $5.95 postpa

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"The YOUnique Catalog" 25¢ or free with order.
Allow 2 weeks for delivery No C.O.D.'s please

NEW!



TOPIARY FORMS



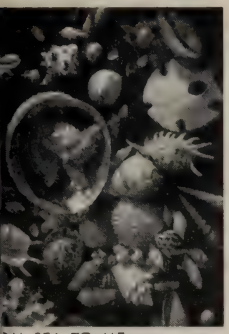
Charming topiaries have graced European gardens for years. These sculptured forms of heavy gauge, weather resistant wire support climbing plants, ivy or shrubbery. They are easy to plant and when grown create a delightful life-size swan topiary, body height 16". Whether indoors on a table or outside on the patio these make a lovely addition to any home. $9.95 includes postage and packing. Because these topiaries are handmade please allow 4 to 6 weeks for delivery. Send check or money order to

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4k gold heart accented by four mmering Strongite stones is ' wide on a 16" gold chain. ose white or yellow gold. A ely choice for graduate, wed- g party member or friend. $50 s $1 post. Free catalogue. The ongite Co., HG6, 2 W. 47th St., w York, NY 10036.



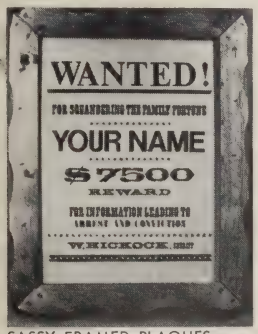
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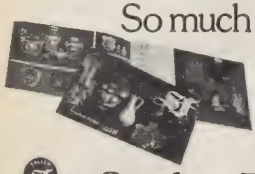
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Once a living plant, these ferns are delicately preserved to maintain the texture, color and subtle beauty of the living plant, indefinately, with absolutely no care! Truly a miracle fern . . . you may have seen these preserved decorator delights before, but not at these prices. Each plant is potted in an ivory hand turned ceramic urn with detachable macramae hanger! (Med., 2'6" & over, $12.95) (Lg., 3' & over, $13.95) (X-Lg., 3'6" & over, $15.95) + $3.00 postage and handling each. Order more than one! (Med., $11.95) (Lg., $12.95) (X-Lg., $14.95) + $3.00 P & H each. Tropical Plant Institute, Inc., P. O. Box 21496, Dept. 40, Ft. Lauderdale, FL 33335. Portfolio $1.00

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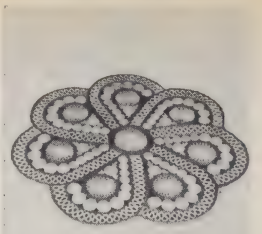
The original ceiling fan priced from $169.95 to $399.95.

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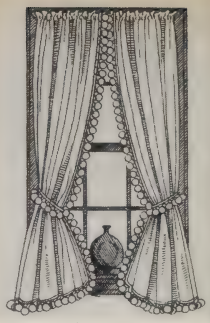
P.O. Box 15 Dept. HG Yellow Springs, Ohio 45387 (513) 767-1929

SHOPPING AROUND



ACCENT FOR FLOORS

New design from Mainland China: intricately hand-woven butterfly-patterned rush rug. In a two-tone blend of natural maize and cocoa. 4′ size $23 plus $3 post; 6′ $38 plus $5 post.; 9′ $80 plus $8 post. Catalogue is 25¢. Fran's Basket House, HG6, Rt. 10, Succasunna, NJ 07876.



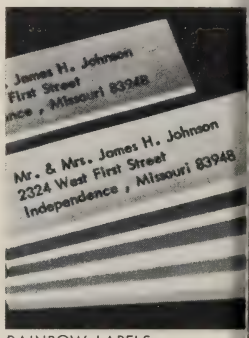
CHARMING FRINGE

Fluffy 1" giant ball fringe trim curtains 90"w. per pr. Natural o white, cotton/polyester blend: 20" 25" L. $8.50 pr; 30", 36", 40' $9.25; 45", 54", 63" $13; 72" 81", 90" $15.50 pr. Add $2 pos per order. Free catalogue. Countr Curtains, HG61, Stockbridge, M 01262.



CHERRY STOOL

Replica of a 19th c. design, solid cherry, upholstered saddle seat. 14½" by 17½" by 15" h. Dark, light buckwheat finish. Choice of fabrics (send color preference), $126. In needlepoint, blocked and applied, $151. Ppd. Carl Forslund, HG6, 250 Pearl St. at the River, NW, Grand Rapids, MI 49502.



RAINBOW LABELS

Cheery colors in each set: pin powder blue, lemon yellow, lim green, ivory white. Black printin About 1¾" by ½". Print nam address; up to four lines, letters per line. Set of 500 $2 pl 25¢ post. W. Yarbrough Label HG-RBE, 5768 Venice Blvd., L Angeles, CA 90019.



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Oak frame, spring mechanism unfolds to 4" mattress. Foam cushion and polydacron back pillow 35W X 35D X 32H. Chair $258 Matching Ottoman $95 Send Check or M.O. VISA or MC (exp date). Shipping charges collect Delivery 4-8 wks. Upholstered in Camel or Brown Velvet or White Haitian cotton. Send $1.00 for fabric swatches and photo.

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ws
ntinued from page 195

Motels, especially brand-new motels, ke the best accommodations on this t of expedition. For information con- t the Mobil Guide for the Middle lantic states, or the Pennsylvania itch Visitors Bureau, 1799 Hemp- ad Road, Lancaster, Pa. 17601 (717- 9-8901).

oala-land special

ould you like to go to Australia dur- ; its spring? Then think about a trip September, October, or November. d think about it now. This long trip n be much less expensive if you plan ead. Qantas has recently offered a new e that can cut the price of your round- p airfare by over half: The Bear nimum Fare. To qualify, reserve and y your ticket 45 days in advance, re- rn to the U.S. within a year, forfeit percent of the fare if you cancel with- 45 days of departure. Price varies ac- rding to season, but it is possible to y as little, for instance, as $515, San ancisco-Sydney, roundtrip (that's in arch). In September, your ticket will st $896.50, October—$770.50. To culate the Bear Minimum Fare the onth you'd like to go, send for the urist Commission booklet: "Australia oliday Guide," see Booklets, page 119. is booklet includes a visa application, neral travel information, a list of ustralian consulates in the U.S., all out air and rail travel, plus tours once u arrive, a list of Australian hotels at have representatives in the U.S. with one numbers and addresses.

One of the best tours: Qantas' 17-day orn Birds Country Trip with an itin- ary planned by the Australian writer olleen McCullough, author of *The orn Birds*, a story of life in Australia's ral outback, which was No. 1 on our st-seller list for 52 weeks. The tour rts in Sydney, heads west by train rough the canyon lands and plains of ew South Wales, turns north (travel- g by motorcoach) to Brisbane and ueensland. Stopping always at little wns like the ones described in the ok. (The towns of Collarenebri, ungundi, and Walgett are all con- ced they are the counterpart of the titious Gillanbone.) On the thirteenth y there's a boat trip to a coral cay in e Great Barrier Reef. Tour: $1,355 thout airfare. See Booklets, page 119.

ll about fun in Vermont

xteen inches high, a foot wide, and 92 thoritative pages deep, *The Vermont las and Gazetteer* is a wonderful aid plotting accurately what Vermont has st to offer: rural fun. There are 24 de- led mountain hikes that range from 5 miles to 12 miles. Each hike can be traced on a map in the 59 pages of maps in the atlas section. The same for canoe trips, bike trips. The fishing guide gives lists of lakes for each of four types of trout, two types of pike, bass and salmon plus perch, smelt. There's a list of 108 covered bridges with descriptions. And that's not all. For your copy of this soft- back wonder by editors William Han- cock, Paula Lane, Lindsay Huntington, and writer Jerome E. Kelley, send $5.95 plus $1 postage to David Delorme Com- pany, Box 81, Yarmouth, Maine, 04096.

SAS helps you feel fit on long plane trips

Long-distance travelers, armchair exer- cisers, and office workers will appreciate the new *SAS In-the-Chair Exercise Book* by Dr. Folke Mossfeldt and Mary Susan Miller. Initially written for people on long plane trips, the book has eight sets of exercises that can be done anywhere: in the office, at school, in the car, on a train or bus, and, of course, on the plane. For example, you can learn to jog in your seat, to practice rowing, and to do other exercises that will keep you feeling good until you can get to your regular exercise program. $3.95, Bantam Books. The exercise book is included with all first-class SAS tickets. N.R.

Team sports
continued from page 40

And the rewards?

What about those end-of-season dinners when team members are rewarded with their teammates' recognition and public acclaim? "Good families prize their ritu- als," writes Jane Howard in *Families* (Simon and Schuster). "Nothing welds a family more than these . . . because they evoke a past, imply a future, and hint at continuity." Pretend to remove them, and we would be denied the recog- nition that cheers our growth.

There is something about teams that makes us stop, look, and like. We may fill with awe over Amelia Earhart's solo flight, but we melt with smiles at the Trapp Family, perhaps because they re- mind us that through sharing, the bur- den of winning doesn't fall on one person's shoulders. And it's easier to be a good loser when you've learned how to lose together. By joining something bigger than ourselves, we are no longer locked in solitary confinement, our re- ality blurred. There, plopped on the hall bench alongside her opera program and tennis racket are his camera and golf balls, Jennifer's ballet slippers, Jeremy's riding boots and guitar. Team members— and family members—are proud of each other's accomplishments. And through the sustaining interest of one another, our talents have a decent chance, and our humanity can blossom. ■

SHOPPING INFORMATION

PRICES APPROXIMATE
State and local taxes additional.
***Consult your interior designer or department store decorating service.**

ON THE COVER:
Wicker sofa: 76″ x 36″ x 33″. One loose seat cushion. Three loose back cushions. **Wicker armchair:** 31″ x 34″ x 34″ h. Latticed sides. Loose seat and back cushion. **Wicker ottoman:** 26″ x 22″ x 13″ h. One loose cushion. All with natural finish. Braided trim. At Walters Wicker, NYC 10022.
"Thor" cotton fabric on wicker furniture: 54″ wide. From S. Harris*, LA, Calif. 90048.
Fabric on blue flowered pillow: Top, "Hydrangea" linen and cotton fabric. 53″ wide. 40″ repeat. From Franciscan Fabrics, NYC 10022. Bottom, "Panier" cotton fabric, 53″ wide. 10″ repeat. $23.25 a yd. From Woodson Wallpapers*, NYC 10022.
Fabric on yellow flowered pillow: Top, "Cotswold" cotton fabric: 50½″ wide. 28″ repeat. Zepel finish. $25.50 a yd. From Brunschwig*, NYC 10022. Bottom, "Panier" cotton fabric. 53″ wide. 10″ repeat. $23.50 a yd. From Woodson Wallpapers*, NYC 10022.
Rustic oval ironwood log table: 33″ x 21″ x 18″ h. Bent twig border. Stretcher base. At Parrish Woodworth Florist, NYC 10022.
Bronze rain drum: 24″ x 18″ h. Straited texture. Embellished with tiny frogs. 18th cent. From Thailand. From the Far East Gallery at Lord & Taylor, NYC 10018.
Ceramic garden stool: 12″ d. x 14″ h. Blue tassel trimming and blue floral motifs. Ceramic planter: 5″ x 6″ h. Both from Italy. From Meiselman Imports*, NYC 10010.
Delft faïence cachpots: Scalloped borders. Blue floral motifs on white. Also in polychrome finish. From Foreign Advisory Service*, NYC 10010.
Porcelain frog planter: 8″ x 10″ x 6″ h. From China. At John Rosselli Antiques*, NYC 10021.
Design of greenhouse: Twining Feinn Associates, NYC 10003, and Joseph Lombardi, architect, NYC 10005.
"Imperial Lean-To 7" greenhouse window: Two awning windows. Automatic ventilating. Stock unit, Model 17G-5. By Lord & Burnham, Irvington, NY 10533.
TWO-PART FAMILY ROOM
Pages 134-135
"4-Patch" cotton quilt: 76″ x 82″. c. 1880. $385. **"Windmill" cotton quilt:** 86″ x 84″. c. 1920. $650. Both at America Hurrah, NYC 10021.
Handpainted basket on table: Handpainted by Louis Molina. From Molina Studio, NYC 10021.
Sand-marble ceramic plates on coffee table: 10″ d. $18 ea. **Round basket on shelf:** $20. All from "OF ALL THINGS!", NYC 10022.
Striped ceramic bowl in cupboard: 18″ d. Handthrown. $125. **Ceramic plates:** 12″ d. Handpainted. $35 ea. All at Gordon Foster, NYC 10021.
Snowflake patches on pillows: 14″ sq. $24 ea. At Thos. K. Woodard, NYC 10021.

Continued on next page

Shopping information
continued from preceding page

Collection of antique baskets on shelves: At Gazebo, NYC 10021.

LIVING WITH VITALITY
Pages 140-141

Ceramic plates and dishes, paintings on canvas, papier-mâché tower lamps: By Paula Sweet. At L.A. Louver Gallery, Venice, Calif. 90291.

Handpainted tablecloths, napkins, upholstery: By Paula Sweet. From Waldo's Designs*, LA 90069.

Handpainted cotton gauze clothing, fringed jackets and coats: By Paula Sweet. At Surya, Beverly Hills, Calif. 90210.

Collection of ceramics: By Paula Sweet. At Craft and Folk Art Museum, LA 90036.

COOKING OUTDOORS
Pages 142-143

"Flightie" flask: Keeps liquids hot or cold for hours. Cover doubles as drinking cup. Also in almond with brown lid. 2-cup size, $10.50. **"Koffi" vacuum jug.** 1 liter. Keeps coffee hot. In red, yellow, or brown and beige combination. $17.50. By Hammarplast.

"Backpacker" sports kit: Standard-neck Thermos, wide-mouth Thermos, and plastic sandwich box. Aluminum bottles with "Stronglas" liners. Case in white with red trim and shoulder strap. $35. By Thermos Division, King-Seeley Thermos.

"Pak-N-Carry" kit: Includes four containers with seals and space for napkins and utensils. Lid doubles as serving tray. In Poppy only. $7.69. By Tupperware Home Parties.

"Thermo-Crock": Double-walled insulation. Tight-fitting seal. Top-rack dishwasher safe. In red, yellow, white, avocado, and brown. 20 oz., $1.19. 12 oz., $1.09. 6 oz., $.99. By Thermo-Serv.

"Chinese" nesting cardboard carriers: In red, blue, green, yellow, and orange. Set of three, $1. Minimum order, four sets, $5 ppd. From Sample House, 2525 Butler St., Dallas, Texas 75235; Paper Caper, Pier 39, San Francisco, Calif. 94137; Letter Perfect, 1062 Great Plain Ave., Needham, Mass. 02192.

Wide mouth "Stanley" thermos: 1 quart. Steel case. Stainless steel lining. For hot or cold food. $38. By Aladdin.

Ceramic stoneware "Wine Tote": Holds 25 oz. About 15″ h. Unglazed bisque exterior; glazed interior. $15. By Hartstone.

"Thermal Jug": 2½ liter. Unbreakable liner. Foam insulation. Orange with black handle and cup. $19.95. By Heller.

Fire starters: Petroleum candles, 2″ d. Bag of 12, $3. By Kitchen Connection. At Fortunoff, Westbury, L. I., N.Y. 11590; McClures, Nashville, Tenn. 37205; William H. Frederick, Chestnuthill and Bryn Mawr, Pa.

"Mr. Meat Smoker, Esquire" non-electric cooker: 16″ d. x 34″ h. For smoking, roasting, steaming, shish kebobs, barbecuing, and frying. Access door for adding liquids, charcoal, or hickory chips. Double grill. 4, 18″ skewers. $79.95.. Electric model, $109.95. By Smoker Products.

"Web" electric bug killer: Heavy-gauge steel. Can be hung or mounted on optional post. Replaceable bulb. Black only. $159. By Weber Stephen Products.

Marine charcoal grill with gimball: Porcelainized heavy-gauge steel. For use at home or on boats. 18½″ d., $125. 14½″ d., $100. By Weber Stephen Products.

Portable charcoal hibachi grill: 15½″ x 11″. 170 sq. in. chrome-plated cooking grid. Adjustable heavy-gauge grid for positioning at different cooking levels. Wooden handles. Steel body. Pedestal base. Removable fire pan. Black only. $19.20. By Structo Division, King Seeley Thermos, King Seeley Thermos. At The Great Ace Hardware Store, Chicago, Ill. 60657.

Electric smoker/grill: Cooking surface, 354 sq. in. 4 qt. water container. Two grills. $106.62. By Charmglow.

"Charbroil" table-top grill: Cooking area, 12″ x 19¼″. Heavy-duty cast aluminum body and hood. Phenolic handles. Removable heat element. In black only. $75. By W.C. Bradley Enterprises. At LaBelle's Catalogue Showrooms.

"Jet Chef" gas grill: 454 sq. in. cooking area. Cast-aluminum grill head. Rust resistant porcelainized grid. Three grid holders. Choice of 30,000 or 40,000 BTU grill head. Brown only. By Jacuzzi.

Stove for backpack: 6 1/16″ h. $30. Optional case becomes a pot. By Coleman.

Two-burner deluxe camp stove: Folds to 22″ x 13¾″ x 6¼″. Fuel capacity, 3½ pints. Aluminum folding high stand, optional. Wind shield included. $39. By Coleman.

FERNS
Pages 154-155

Antiques: Elinor Merrell, 55 E. 80 St., NYC 10021.

CROSS-STITCHED LETTER
Pages 160-161

Cross-stitch kit: Includes canvas with stamped on 7″ x 5″ initial, red and white cotton thread, needle, and instructions. $7.50 ppd. By Mr. Charles Quaintance. At Alice Maynard, 133 East 65th St., NYC 10021.

"Lapis Luxor" cotton and Dacron polyester bath sheet: 36″ x 70″. About $17.25. **"Lapis" cotton and polyester bed sheets:** Queen size, flat with white trim, about $14. Fitted, about $14. Pillowcases, about $7.50 a pair. All by Martex.

DOUBLE-DUTY DIVIDER
Pages 162-163

"Bright Stik Gro and Sho" plant light: 25″ long. 33 watts. 500 hour life. $20. By General Electric.

Plant lights: 75-watt Krypton. $5.89 ea. By Duro-Lite.

Large basket in front of plant shelves: $40. **Nesting baskets on bottom shelf:** $3.50, $3.95, $5,25. **Mesh basket:** $13.50. All at Conran's, NYC 10022.

"Dreamtides" Comfortcale cotton and polyester sheets: By Cannon Mills.

Clip-on wide headlight: 14″ x 8″ shade. Fits bulb up to 75 watts. $14. **Clip on bullet head lights:** 3½″ x 6½″ shade. Fits reflector bulb 20-50. $12. Both by Lite Factory.

Painting above bed: Untitled, acrylic on canvas. By Kikuo Saito. Courtesy of Haller Galleries, NYC 10021.

FM/AM Digital Clock Radio: 120-minute sleep control. 24-hour timer. Music or buzzer alarm. By Panasonic.

"Super Beautyfoam" mattress and box spring: 54″ x 75″. Full size. $360. By Simmons.

Compact porcelain kitchen unit: 72″ x 24½″ x 36″ h. Includes 3-burner electric range with oven/broiler, 8 cubic ft. refrigerator with freezer, sink countertop and under-sink storage cabinet. In white, black, yellow, avocado, sand, and coppertone. $1,354. By Dwyer Products, Michigan City, Ind. 46360. At Murphy Door Bed, 40 E. 34 St., NYC 10016.

Kitchen equipment: Fry pan: $34.65. Small fry pan, $26.40. Small sauce pan, $21.70. Large sauce pan, $37.05. Large pan sauté, $21.75. Small pan: $6.80. Colander: $4.45. All by Wearever. Slotted spoon, $2.45. Spatula, $2.98. Wood spoon, $.70. Whisk, $5.90. Small whisk, $5.48. Slicer knife, $20.96. Paring knife, $1.97. Large knife, $42. Villete checked apron, $11.95. Wood chopping board, $5.50. Maple block, $15.50. Stainless steel tea kettle: $9.95. Scale: $38.05. Small hall jar: $5.25. Chopping knife: $23. All kitchen equipment at Professional Kitchen, NYC 10003.

Battery operated kitchen clock: $65. At Hammacher Schlemmer, NYC 10022.

All sports equipment: From Herman's World of Sporting Goods, NYC 10022.

Polyurethane foam mattresses on sofa and child's bed: 36″ x 75″ x 5″ thick. $23. By Foam-Tex.

Natural cotton duck fabric on sofa: From S.M. Hexter*, NYC 10022.

Collection of seashells: At Seashells Unlimited, NYC 10016.

"Brionvega" AM/FM portable radio: Plastic case. In white, red, green, black. $150. At Abitare, NYC 10022.

"Kliban's Cats" cotton and polyester sheets on child's bed: By B. Kliban for Burlington Domestics.

"Esmond Klondike" acrylic blanket: 66″ x 90″. Nylon binding. By Chatham Blankets.

"Centipede" decorative paper kite: About 6′ long. From China. At Go Fly a Kite, NYC 10028.

"Homage to Andy Warhol" soup-can stool: 18″ h. $38. At Abitare, NYC 10022.

Collection of toys and games: Babar elephant, football, sailboat, collection of books: At F.A.O. Schwarz, NYC 10022. Games in boxes. Space Bear: $25. Playskool wooden blocks in container: $10. All at Bloomingdale's, NYC 10022. Wooden blocks: $6.25 a bag. Trucks, helicopter: $14 ea. Light brown bear: $14. Ball: $3.50. All at Conran's, NYC 10022.

NEW LIFESTYLE
Pages 164-167

"Crystalline" white ceramic tile: 6″ sq. By American Olean Tile.

SANDWICHES
Page 174

Upper left: Pine plate: 12″ d. $28. At Harriet Amanda Chapman, Middletown, Conn. 06457. **"Mondo" stainless steel flatware:** Plastic handles. Dishwasher safe. Forks, knives, spoons, $2.50 ea. By H.E. Lauffer. At ETC, 2400 Ketner Blvd., San Diego, Calif. 92101. **"Amazon" red and white checked cotton towel:** $1.75. 18″ x 28″. By Scajndia. At Bullock's, LA 90055.

Upper right: Stainless steel flatware: Plastic handles. Dishwasher safe. Forks, knives, spoons, $2.50 ea. From "Ready-to-Ware" Collection by Bob Van Allen for Mikasa. **"Rio Grande" striped cotton towel:** 18″ x 28″. $1.75. By Scajndia. At Bullock's, LA 90055.

Center left: Stainless steel flatware: Plastic handles. Dishwasher safe. Forks, knives, spoons, $2.50 ea. **"Separates" stoneware:** 20 pc. service for 4, $69.95. Both from "Ready-to-Ware" collection by Bob Van Allen for Mikasa. **"Nile" cotton tattersall**

vel: 18" x 28". $1.75. By Scajndia. At llock's, LA 90055. **"Spectrum" polyester d rayon napkins:** 17" sq. Marrow edge. 75 ea. By Leacock. At Joske's, Houston; euners, Northern California, Nevada, izona.

nter right: "Colorstax" earthenware: In ie colors. 4 pc. placesetting, $13. By Met- Potteries. At Marshall Field, Chicago 590. **"Mondo" stainless steel flatware:** astic handles. Dishwasher safe. Forks, ives, spoons, $2.50 ea. By H.E. Lauffer. ETC, 2400 Ketner Blvd., San Diego, lif. 92101. **"Nile" cotton tattersall towel:** " x 28". $1.75. By Scajndia. At Bullock's, 90055. **"Verve" polyester and rayon mstitched napkin:** 17" sq. $2.25. By Vera.

ges 172-173

oda Nova" stainless steel flatware with echwood handles: Knives, forks, spoons, boxes of 6, $57 ea. With stoneware han- s: In brown or white. 3 pc. placesetting, 8. By Kosta Boda.

ie plate: 9" d. $18. At Harriet Amanda apman, Middletown, Conn. 06457.

rivet" stoneware plate: 7½" d. $7.50 ea. om "Best of Everything" by Bob van Al- for Mikasa.

BUILDING DATA

Materials and equipment used in the house on pages 134-137

CHITECT, INTERIOR DESIGNER, D CONTRACTOR: Peter Jefferson NDSCAPE ARCHITECT: Frederick Stresau E OF HOUSE: 2,700 square feet E OF LOT: ¾ of an acre

RUCTURE

undation: Main house and guest house: eosote-impregnated pine pilings 10-to-12- t-long driven into ground support build- gs above grade. Children's house built on ade.

aming: Standard wood frame construc- n of long-leaf Southern pine.

cking: Pressure treated 1-by-6-inch pine ards.

terior walls: ⅜-inch cedar plywood pan- and batten siding.

ood preservative: Woodlife by Roberts nsolidated Industries, Champion Inter- tional Corp.

ofs: #1, 16-inch red cedar shingles.

sulation: 4- and 6-inch-thick blanket fiber- ass between studs and rafters.

indows: Aluminum frame sliding glass sh; in gable, fixed glass panels with solar flective film, Pan American Window Co.

ors: Mildor, aluminum frame sliding ass doors, Miller Door Co.; front door, dar siding. Interior doors: flush doors of h.

TERIOR OF HOUSE

terior walls: In major rooms, wallboard; kitchen, Earthstone, green tile back- lash wall, Florida Tile Co.; in bathrooms, panese tile.

ilings: In major rooms and bathrooms, 4 cedar plank boards and battens; in chen, 2-by-6-inch tongue-and-groove dar boards.

oors: In living-dining-kitchen, #2 long af Southern pine; around stove 12-inch- uare ceramic tile; in living room seating ys, master bedroom, and guest-house bed- om, wall-to-wall carpet; in guest-house bath, 4-inch Earthstone ceramic tile, Florida Tile Co.

Lighting fixtures: Antique fixture over dining table, circular iron ring with incandescent bulbs. Dimmer control.

Hardware: Marine hardware from boat supply store.

Screen entertainment system: Polacoat 'Lenscreen' rear projection screen, 3M Visual Products Div. Slide projector, Sawyer.

Intercom: In main house, guest house, and children's house, 5 master station installation for communication and radio, Executone, Inc.

Indoor plants: Luce's Farms Greenhouse.

Cabinets: In living-dining-kitchen and bathroom, custom made, pecan plywood; wine storage cabinet, cedar and spruce.

Countertops: Kitchen island counter, 'Colorlith' by Johns-Manville Corp.; other kitchen counters, pecan butcher block; on dining area cabinet, 1-inch glazed Japanese ceramic tile; on bathroom counters, Formica.

Plumbing fixtures: American Standard, Inc. and Crane Co.

MECHANICAL EQUIPMENT AND APPLIANCES

Appliances: Restaurant-type range with 6 gas burners and 2 ovens by South Bend; warmer oven by McGraw-Edison Co.; gas-fired restaurant-type wok; built-in Hotray by Salton Mfg. Co.; refrigerator by Sub-Zero Freezer Co., Inc.; 'Coldspot' freezer by Sears; KitchenAid dishwasher by Hobart Mfg. Co.; food waste disposer by In-Sink-Erator Mfg. Co.; ceiling revolving fan; two ventilating fans by NuTone Div., Scovill Mfg. Co., food center by Ronson Corp.; ice maker by Scotsman Ice Systems. In laundry, washer and dryer by The Maytag Co.

Water heater: 52-gallon tank by Rheem Mfg. Co.

Heating system: Electric resistance strip heating by Johnson Corp.; U.S. Army type wood and coal burning stove, Cannon #20, South Bend, Ind.

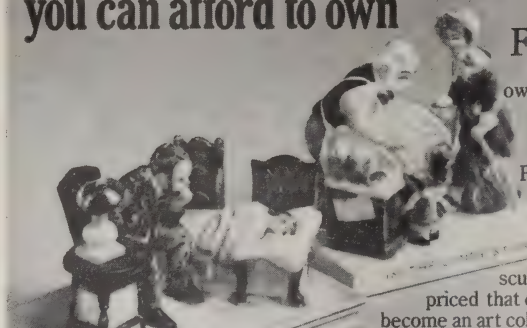
Cooling system: Heat pump by Johnson Corp. Thermostats by Cam-Stat, Inc.

RECIPE INDEX

Breads
Yogurt rolls 184
Eggs
Scrambled eggs with truffles 95
Salads and Dressings
Orange salad with orange-flower water 94
Zingara (Gypsy) salad 168
Mayonnaise 184
Trattoria dressing 190
Meat, Poultry, and Seafood
Whole smoked chicken 83
Chicken breast sausages 83
Pork loin sausages 83
Beef ragout with prunes 94
Stewed chicken with endives or leeks 94
Ham mousse 95
Sandwiches
Breakfast
Scrambled eggs and caviar 189
Grilled cream cheese and jelly 189

Continued on page 224

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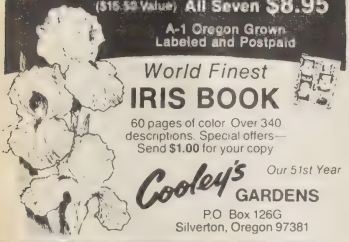
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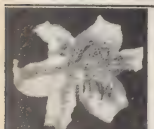


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GARDENER'S NOTES

BY JAMES FANNING

Garden starters for summer

A show of ferns, a year of roses, seed bank, herb book, and the right way to mow a lawn

Ferns for everyone

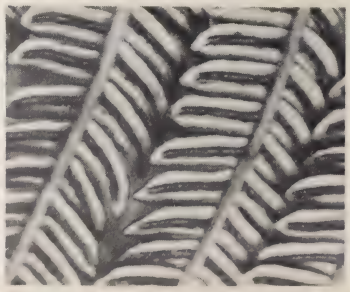
Long before flowering plants, there were ferns. Fossils millions of years old show many ancient ferns were substantially the same as today's, and the fact that ferns are found in abundance on every continent—except possibly Antarctica—attest their hardiness and adaptability. Elinor Merrell, in her fern garden (see page 152) has used species that grow wild in the northeastern U.S., but a fern garden can succeed almost anywhere. In full sun or deep shade, heat or cold, indoors or out, properly chosen ferns will provide the variations of size, form, and texture that go to make an interesting and attractive garden. One of the best books for guidance in deciding what to grow where is the *Fern Growers Manual*, by Barbara Joe Hoshizaki (Knopf, $7.95 paperback). A good melding of botanical and horticultural information is found in *The Home Gardener's Book of Ferns* by Dr. John T. Mickel (Holt, Rinehart, & Winston $7.95). The best way of really learning about ferns is to join one of the societies devoted to that branch of the plant kingdom. The American Fern Society, Inc., issues a bimonthly bulletin on ferns, as well as other publications from time to time. Membership costs $5 a year, from Dr. Judith Skog, Dept. of Biology, George Mason University, Fairfax, Va. 22030, or $8 including American Fern Journal. The Los Angeles International Fern Society, 14895 Gardenhill Drive, La Mirada, Calif 90638, issues a monthly bulletin and gives up-to-date information on where to find the plants. Membership is $10 a year. And there are regional fern societies in other parts of the country—ask around for one near you. Ferns can be ordered by mail from many sources. John Scheepers, Inc. offers interesting collections even for dry shady places and open borders. The catalogue is free from 63 Wall Street, New York, N.Y. 10005

The book of herbs

Sal Gilbertie, one of the nation's leading authorities on the group of flavorsome plants we call herbs, has combined his horticultural knowledge with the writing skill of Larry Sheehan to produce an outstanding book on an ever-popular subject. *Herb Gardening at Its Best* (Atheneum, $12.95) combines the growing of herbs for use with the creation of gardens that are beautiful in their own right. While the emphasis is mainly on herbs grown for food and flavoring (the carefully-drawn plans include gardens for soup, salad, bread, and the home bar, among many others), those used for other purposes are not neglected. Mr. Gilbertie sprinkles his practical instructions with anecdotes about the forty-odd year-old family business, all adding up to a book as easy to read as it is practical and informative. Also—praise be—the book is printed in a clean, elegant type face, with crisp line drawings and two shades of ink for visual emphasis.

Mow it straight

Every lawnmower leaves a track. Wheels and rollers bend the grass blades, and the cutting process itself inevitably inclines the grass in the direction the mower moves. So every well-cared-for lawn shows a mowing pattern, and the



Cinnamon fern (Osmunda cinnamomea)



One of the fine lawns at Hampton Court

pattern is an important part of the lawn's visual effect. For the best effect, mowing should be done in straight lines, running the length of the lawn area, with curves only where necessary to get around flower beds and the like. An occasional change-off—mowing at right angles to the usual pattern—will prevent ruts of matted-down grass that might develop from constant mowing in one direction.

A year for roses

June is generally recognized as the month of roses, and this year it's worth special attention because the whole of 1979 has been designated as Year of the Rose. So this would seem to be the perfect time to join the American Rose Society. This sixty-odd-year-old society sets standards for judging roses, sponsors flower shows, and issues a compendious Rose Annual, as well as monthly bulletins and information about everything connected with roses. Membership costs $15.50 a year, from The American Rose Society, P. O. Box 30000, Shreveport, La. 71130.

Seed bank

Uniformity is fine when you're dealing with measurements—pints, pounds, kilowatt hours, and the like—but with plants uniformity may well be the kiss of death. Food crops, for instance, may give spectacular yields when large quantities of a single "improved" variety are grown, but what happens when a disease or insect pest gains a foothold among the growing plants? Since all plants of the variety are equally susceptible, the whole crop may be wiped out. Old methods of growing crops had each grower saving his own seed from year to year. This insured diversity—if one variety of wheat fell prey to disease, the farmer growing that variety was out of luck, but his neighbor who had planted a different kind could replace the loss. Modern plant breeding has given us heavy-cropping varieties of food plants and splendidly floriferous varieties of decorative plants—all from genetic backgrounds so similar that the advantages of diversity have been lost. So, the Frank Porter Graham Demonstration Center has been established to preserve the genetic variety that makes it possible for plants of all kinds to survive and propagate their own kind for generation after generation. The Graham Center works primarily with farmers, but does try to help the home gardener by providing a list of sources for seeds of all kinds of plants that the big seed houses no longer supply. Priced at $1, the Seed Directory not only gives sources of supply, but also information about how long seeds remain viable, and the like. Order from the Frank Porter Graham Demonstration Farm and Training Center, Route 3, Box 95, Wadesboro, N. C. 28170.

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Recipe index
continued from page 221

Apple and peanut butter sandwich 189
Baked salami on cinnamon toast 189
Main course
Oyster loaf 180
Crêpe sandwich loaf 180
Chicken in lettuce leaves 180
Roast pork sandwich 184
Gravlax sandwich 184
Ham and celery root sandwiches 186
Chicken sandwich 186
Scarlett O'Hara 189
Papaya chicken sandwich 189
Savoy cabbage sandwich 190
Jicama sandwich 190
Hors d'oeuvre
Miniature hamburgers 182
Red cabbage canapés 182
Stuffed zucchini 182
Lamb and carrot canapés 182
Shrimp and dill canapé 182
Beet and mandarin orange canapé 182
Pears with Stilton 182
Dessert
Meringue nut cake 186
Strawberry napoleon 188
Desserts
Baked bananas 95
Apricot sherbet 95
Miscellaneous
Grapefruit and vodka cocktail 94
Potato chips 182

The taste collector
continued from page 143

careful editing. How often in one's travels, for instance, has one come home with odds and ends that end up in a drawer or cupboard. The same with the culinary arts. Another point: I personally am discouraged if a dish is composed of too many different ingredients or appears at all complicated in its preparation. Only too often these days one is the person entirely responsible for the final result. I find these two recipes ideal, one from Morocco and the other from the gold-mining town in Ouro Prêto in Brazil. The Moroccan dish is to be used as a vegetable: slice medium-sized onions, put in saucepan with butter and a little water. Add raisins and saffron, pepper and salt, and cook slowly for about half an hour, or until onions are soft and transparent. The Brazilian recipe is a sauce and was served with meat rissoles: sauté 3 onions in butter, add 2 nuts of crystallized ginger cut up fine, about ½ a bottle of mango chutney, 1 tablespoon of brown sugar. Cook together until sugar is melted.

Not all of the dishes I have collected, however, come from distant or exotic places; indeed a majority of them originate much closer to home. Some I have inherited from an Australian grandmother, others from an American aunt or even my mother, a sophisticated creature of great beauty, not a person one would have thought connected at all with the kitchen. From my grandmother comes an unusual salad dressing based on Nestlé's sweetened condensed milk. You dilute the milk, which comes out of a tin, with a little wine vinegar and sprinkle in Colman's powdered mustard. The quantities depend on your taste, and the finished product should look like medium-thick mayonnaise. It is surprisingly good with cold lobster.

When we all lived at La Fiorentina, a large villa the family owned in the south of France, we were fortunate enough to have had the same cook for nearly forty years. Catherine was a remarkable woman, and when we sold the place she was well past her eightieth year. She would ride up on her motor scooter every morning from Saint Jean Cap Ferrat, where she lived, and greet one over the breakfast table in a crisp white apron, always lively, always good humored, impervious it would seem, to the number of people she must feed. She would stand hands joined in front of her while we discussed the menu, a procedure we had reduced to a form of telepathy. She would make delicious fish soups liberally dosed with absinthe, but one of my favorites were her *beignets de fleurs de courgettes*, the squash flowers having to be picked early in the morning while in full bloom, and once picked turned upside down and placed face downward on a slab of marble or some cool, flat surface to prevent them from closing. Next a pâte à crêpes has to be made, and at the last minute one dips the flowers in the mixture and throws them into a pan of deep, hot vegetable oil. They are then drained on a clean towel and served with fresh spiced tomato sauce.

Fiorentina and Catherine are now memories of the past, and I have moved to the Vaucluse and luckily have found a local couple, Yvette and Marcel. My recipe book goes on growing and added to it comes *oeufs brouillés aux truffes*, the truffles found under the oak trees in my own garden. Marcel has an almost uncanny understanding of nature, he knows where the wild hen pheasants are nesting, understands the winds and the rains, and knows where to find the different species of mushrooms, and frequently, during the spring months, will come back with a handful of *morilles*, not easy to detect with their honeycombed domes almost the color of the wastes in which they grow. His most remarkable feat, however, is the ease with which he discovers the truffles. This costly delicacy is generally sniffed out by specially trained dogs and in certain districts rooted out by pigs, but Marcel despises these aids and finds them with the modest help of a certain species of fly. He caught one of them for me—small, champagne-colored, with transparent wings. They hover close to the ground, and where they hover there are invariably truffles buried in the loam. Marcel can even detect the size of the truffle by the smell of the earth and knows instinctively if it is worth digging for. ■

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